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Rock Valley College is committed to providing an accessible and supportive learning environment for all students. Any student requiring an academic accommodation due to a disability, should contact the Disability Support Services (DSS) office; 3 weeks advance notice is preferred. The DSS office is located on the ground floor of the Student Center, and can be reached at (815) 921-2371. Office Hours: Monday-Friday, 8:00 am-5:00 pm.

For a listing of departmental policies, please visit RockValleyCollege.edu/CCE.

RVC BOOKSTORE
Student Center, Ground Level
rvc.bncollege.com or (815) 921-1680
Community Education offers non-credit courses for hobby, leisure, and development. Courses do not earn credit toward college degrees and are not transferable. Take a class for fun or to enhance your well-being. We have classes that fit your needs and lifestyle.

**REFUND POLICY:** Our instructors look forward to seeing you in their classrooms! They need time to purchase the supplies and materials that you will need to participate. Of course, we understand that sometimes your schedule changes, so we’ve updated our Refund Policy:

Withdrawal/Drop by student 7 days or more before the start of class: receive a 100% refund.*

*Refunds exclude non-RVC fees, such as credit card and e-check fees.
*Exclusions apply – see individual courses for details.

Visit RockValleyCollege.edu for more refund information.

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ARTS & CRAFTS

FALL ART EVENTS

KAT’S CANVAS ART
Classes meet in Bell School Rd. Center, Room 004

GROOVY MUSHROOMS
This fun piece is created on a wood round using vibrant permanent watercolor pencils. BRING: Apron or smock. SUPPLIES: All Included. TAKE HOME: Your organically shaped 9x11 wood round.

ART-809-SIP2 Kat Heitzman $55
9/27 T 6:00-9:00 pm 1 Session

TROPICAL PARADISE
Paint your own tropical paradise! BRING: Apron or smock. SUPPLIES: All Included. TAKE HOME: Your 11x14 canvas.

ART-809-SIP3 Kat Heitzman $55
10/6 Th 6:00-9:00 pm 1 Session

FLOWER CHILD
Channel your inner flower child and paint this beautiful wood panel piece. Kat will guide you through the painting and teach techniques that will have you wanting to paint more flowers! BRING: Apron or smock. SUPPLIES: All Included. TAKE HOME: Your 12x12 wood panel.

ART-809-BLL6 Kat Heitzman $55
10/20 Th 6:00-9:00 pm 1 Session

SPIRIT HORSE
Paint this beautiful horse in a step by step fashion! BRING: Apron or smock. SUPPLIES: All Included. TAKE HOME: Your 11 x 14 canvas.

ART-809-BLL7 Kat Heitzman $55
11/17 Th 6:00-9:00 pm 1 Session

WINTER CAT
Winter cat can’t wait to go outside and chase mice again! BRING: Apron or smock. SUPPLIES: All Included. TAKE HOME: Your 12x12 canvas.

ART-809-BLL8 Kat Heitzman $55
12/15 Th 6:00-9:00 pm 1 Session

KAT’S PAINT & SIP

FALL GNOME
This cute gnome will get you in the spirit for fall! BRING: Apron or smock. SUPPLIES: All Included. TAKE HOME: Your 12x16 canvas.

ART-809-SIP Kat Heitzman $55
9/27 T 6:00-9:00 pm 1 Session
Garrett’s Restaurant & Bar 1631 N. Bell School Rd., Rockford

TUSCAN DOOR
Dream about a peaceful vacation as you paint this quaint door on a wood panel. BRING: Apron or smock. SUPPLIES: All Included. TAKE HOME: Your 12x12 wood panel.

ART-809-SIP4 Kat Heitzman $55
10/19 W 6:00-9:00 pm 1 Session
Jax Pub 4160 N. Perryville Rd., Loves Park

ARTBYKARLA
Classes meet in RVC Classroom Bldg. ll, Room G25

ARTBYKARLA will teach you step-by-step on how to recreate the canvas picture using acrylic paint. SUPPLIES: All Included. TAKE HOME: Your 16x20 canvas.

SUNFLOWER

ART-809-RV29 Karla Lombardo $55
9/14 W 6:00-9:00 pm 1 Session

POLKA DOT PUMPKIN

ART-809-RV30 Karla Lombardo $55
10/12 W 6:00-9:00 pm 1 Session

HANGING ORNAMENTS

ART-809-RV31 Karla Lombardo $55
11/9 W 6:00-9:00 pm 1 Session

GNOME FOR CHRISTMAS

ART-809-RV32 Karla Lombardo $55
12/7 W 6:00-9:00 pm 1 Session
ART WORKSHOPS WITH SALLY ROLDAN
Classes meet in RVC Classroom Bldg. II, Room G25

BEGINNER LEVEL

ACRYLIC BASICS
First class will review materials to get you started on a painting journey. Second and third class will review brush techniques and how to use them on small paintings. **SUPPLIES:** Purchase $23 supply kit from instructor at class.

<table>
<thead>
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<tr>
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<tr>
<td>ART-809-RV4</td>
<td>9/13-9/20</td>
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<tr>
<td>ART-809-RV5</td>
<td>9/15-9/22</td>
<td>Th 7:00-8:30 pm</td>
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<tr>
<td>ART-809-RV6</td>
<td>9/16-9/23</td>
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**SOFT PASTEL BASICS**
Instruction of basic pastel techniques and materials, each class will provide instruction and practice time of techniques. Demonstration of techniques to get you started with mark making. **SUPPLIES:** Purchase $25 supply kit from instructor at class.

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<tr>
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**INTERMEDIATE LEVEL ACRYLICS**
**MUST HAVE:** Knowledge and command of your brushes and supplies. **PREREQUISITE:** Acrylic Basics or instructor permission. Instruction will be provided and demonstration will be based on specific techniques to achieve specific effects. **SUPPLIES:** Bring your own brushes and supplies. **SUPPLY LIST:** Contact instructor at sroldan2@comcast.net for specific materials list prior to 1st class.

**FLORAL**

<table>
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**COW**

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<tr>
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**FALL LANDSCAPE**

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<tr>
<td>ART-809-RV8</td>
<td>10/18-10/25</td>
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**SHEEP**

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<tr>
<td>ART-809-RV14</td>
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**ROCKS & RIVERS**

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<td>ART-809-RV10</td>
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**BEACH SCENE**

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<tbody>
<tr>
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<tr>
<td>ART-809-RV12</td>
<td>12/6-12/13</td>
<td>T 10:00 am-Noon</td>
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**INTERMEDIATE LEVEL SOFT PASTEL**
Instruction will be provided and demonstration will be based on specific techniques to achieve specific effects. **MUST HAVE:** General knowledge and command of your brushes and supplies. **SUPPLIES:** Bring your own brushes and supplies. **SUPPLY LIST:** Contact instructor at sroldan2@comcast.net for specific materials list prior to 1st class.

**COMPOSITION & MARK MAKING**

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<tbody>
<tr>
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<td>ART-809-RV18</td>
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**BIRDS**

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<tr>
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<td>ART-809-RV20</td>
<td>10/21</td>
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**FALL LANDSCAPE**

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<tr>
<td>ART-809-RV21</td>
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<td>ART-809-RV22</td>
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**BUILDINGS & STRUCTURES**

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<th>Sessions</th>
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<tr>
<td>ART-809-RV23</td>
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<td>ART-809-RV24</td>
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<tr>
<td>ART-809-RV27</td>
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**SHEEP**

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<tr>
<td>ART-809-RV28</td>
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**ROCKS & RIVERS**

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<tr>
<td>ART-809-RV25</td>
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<tr>
<td>ART-809-RV26</td>
<td>12/9</td>
<td>F 10:00 am-12:30 pm</td>
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</table>
ART WITH STELLA DOBBINS, M.A., NWS
Classes meet in Bell School Rd. Ctr., 3350 Bell School Rd., Room 007

FABULOUS FLOWERS
(Ages 12-Adult) We’ll cover different Asian watercolor styles such as spontaneous and outline (contour) styles. The floral focus will be painting and calligraphy for: roses, camellias, orchids, iris, peony, sunflowers, chrysanthemums, and wisteria. SUPPLIES: Purchase $25 supply kit from instructor at class.

ART-809-BLL4 $75
10/1 Sa 9:00 am-5:00 pm 1 Session

WATERCOLOR FALL THEMES
(Ages 12-Adult) Enjoy using Asian techniques and fall colors. Our fall themes will be painting and calligraphy for: kapok flowers with birds, yellow birds on a fall tree, tiger with bamboo, gold fish with sea grass, pumpkins and gourds, and a grand canyon landscape. SUPPLIES: Purchase $25 supply kit from instructor at class.

ART-809-BLL5 $75
11/5 Sa 9:00 am-5:00 pm 1 Session

WATERCOLOR WITH TOM LINDEN
Classes meet in Bell School Rd. Ctr., 3350 Bell School Rd., Room 007

BEGINNERS LANDSCAPE WATERCOLOR
For students with little/no experience in watercolor, or those needing a refresher course before moving on to the more advanced watercolor classes. Learn to handle watercolor, practice basic techniques and work on elements for landscape paintings. SUPPLIES: Bring at minimum, basic watercolors, brushes and Watercolor paper (most exercises will be on paper approximately 7-1/2" x 11"). SUPPLY LIST: Contact instructor at tclinden@yahoo.com for specific materials list prior to first class.

ART-809-BLL $155
9/12-11/28 M 6:00-8:00 pm 12 Sessions

INTERMEDIATE LANDSCAPE WATERCOLOR
PREREQUISITE: Beginning Watercolor. We will utilize landscape and still life motifs to discuss and apply design implications to improve your watercolor paintings. SUPPLY LIST: Contact instructor at tclinden@yahoo.com for specific materials list prior to first class. NO CLASS 11/8.

ART-809-BLL3 $155
9/14-11/30 W 6:00-8:00 pm 12 Sessions

ADVANCED WATERCOLOR
PREREQUISITE: Beginning and Intermediate Watercolor. Learn more about picturing elements of the landscape. We will work with concepts of design and composition to learn how to go from just painting a picture, to how to create art. BRING: A sketchbook will be required to work out ideas for assignments and compositions. Painting supplies, note pad and a few small sheets (7" x 11") of watercolor paper. SUPPLY LIST: Contact instructor at tclinden@yahoo.com for materials list prior to first class. NO CLASS 11/8.

ART-809-BLL2 $155
9/13-12/6 T 6:00-8:00 pm 12 Sessions

NEW! TEXTURES IN COLORED PENCIL
In a step-by-step process you will create a variety of textures using colored pencil tips and techniques. SUPPLIES: Purchase $25 supply kit from instructor at class. TAKE HOME: Squares of different textures from the class that you can use as a reference when you are drawing futures projects. NO CLASS 9/28.

ART-809-RV2 Elizabeth Coleman $155
9/14-11/9 T 6:00-8:00 pm 12 Sessions
RVC Classroom Bldg. II Room 228

CERAMICS WHEEL THROWING
(Ages 12-Adult) Open to all those interested in working with clay that have no previous experience, and those that will like studio time and instruction to improve and build on existing skills. Instruction will include step-by-step projects for beginners, and assistance with independent projects for intermediate students. Choose a focus on hand building or wheel throwing. NO CLASS 9/28.

ART-809-RV Stacey McDonald $255
9/14-11/9 W 6:00-9:00 pm 8 Sessions
RVC Classroom Bldg. I Room 0210

EMBROIDERY WITH DEB
(Ages 12-Adult) Grasp the skills to hand embroider and make your own patterns. BRING: A stamped embroidery kit, embroidery, floss (if not already included in kit), big eye embroidery, needle, embroidery scissors, 6"-8" embroidery hoop, used dryer sheet (flattened), plain coloring book page (not colored in) solid fabric large enough to fit snugly into hoop.

CAH-806-BLL4 Deb Funck $118
9/17-10/22 Sa Noon-3:00 pm 6 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

CRAZY QUILTING WITH DEB
(Ages12-Adult) Create memories while learning to quilt! This is not your ordinary quilting class. We will be upcycling clothing, top sheets, or scrap fabric. We’ll save the environment, build your confidence, and keep your sewing machine from another layer of dust! BRING: Sewing machine or sew by hand, seam ripper, quality scissors or tolling cutter with mat, quilting straight pins, thread, and batting. (Prefer Warm & Natural batting in baby/throw/twin size). Don’t forget your fabric (scraps, recycled, top sheets, jeans, joggers, etc) NO CLASS 11/26.

CAH-806-BLL3 Deb Funck $118
10/29-12/10 Sa Noon-3:00 pm 6 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

SEWING
Become able to sew simple garments, read and follow a pattern guide. Easy ways to hem, put in zippers, sleeves and much more.
FIRST CLASS: We will travel to local fabric store to purchase supplies.
BRING: Your sewing machine.

(Older 8-Adult)
CAH-806-BLL Mary Foreman $172
9/17-11/19 Sa 9:00-11:30 am 10 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

(Adult Only)
CAH-806-BLL2 Mary Foreman $172
9/13-11/22 T 6:00-8:30 pm 10 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004
NO CLASS 11/8
# COMMUNICATION, LANGUAGE & CULTURE

## BEGINNING SIGN LANGUAGE: PART I
An introduction to sign language for beginners, appropriate for learners aged 13 and older. We will cover the alphabet, numbers, and basic signs. We will also discuss Deaf Culture and how to communicate with others that have a hearing loss. Although this is not a course in American Sign Language (ASL), we will discuss the differences between ASL and using signs in English word order; as well as some differences in using each method to communicate. **NO CLASS 10/31.**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Fee</th>
<th>Dates</th>
<th>Time</th>
<th>Sessions</th>
<th>Location</th>
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<tr>
<td>LAN-800-BLL</td>
<td>Mary Beth Laubenstein</td>
<td>$85</td>
<td>9/19-11/14</td>
<td>M 6:30-8:00 pm</td>
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<td>3350 Bell School Rd.</td>
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## NEW! INTRODUCTION TO CHINESE MANDARIN
(HS-Adult) We'll start with "pinyin", which is a standardized system using the alphabet to denote the initial and final part of a Chinese character. It's a great tool to help you learn the accurate pronunciation. Some basic dialogues used in our daily lives will be taught and also how to write HanZi (Chinese characters). **NO CLASS 11/24.**

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<tr>
<td>LAN-800-RV</td>
<td>Min Wang</td>
<td>$179</td>
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## NEW! CHINESE CULTURE
(HS-Adult) With 5,000 years of history, China has developed a very rich culture. This course will explore the real China in different aspects, such as: history, folklore, HanZi (Chinese language characters), festivals, food, paper cutting, tea, architecture and gardens. **NO CLASS 11/23.**

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<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Fee</th>
<th>Dates</th>
<th>Time</th>
<th>Sessions</th>
<th>Location</th>
<th>Room</th>
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<tbody>
<tr>
<td>EDV-800-RV3</td>
<td>Min Wang</td>
<td>$139</td>
<td>9/14-12/7</td>
<td>W 6:00-7:30 pm</td>
<td>12</td>
<td>RVC Classroom Bldg. II</td>
<td>229</td>
</tr>
</tbody>
</table>

## VIRTUAL WORKSHOPS
REGISTER AT ED2GO.COM/RVC2
— 2 OPTIONS TO CHOOSE FROM! —
INSTRUCTOR-LED COURSES & SELF-PACED TUTORIALS

### BEGINNING CONVERSATIONAL FRENCH
(Virtual) Discover how easy it can be to learn common words and phrases for both leisure and business.

### INSTANT ITALIAN
(Virtual) Read, hear, and practice dialogues of everyday words which will teach you to communicate in a wide variety of settings.

### INTERPERSONAL COMMUNICATION
(Virtual) Become aware of the conscious and unconscious codes of meaning people send when communicating with others.

### WRITTEN COMMUNICATION FOR BUSINESS SUITE
(Virtual) Expand your writing skills and start creating copy that provides a powerful, cohesive message to your target audience.

### GET ASSERTIVE!
(Virtual) Find out how you can stop others from intimidating you or treating you poorly.

### PERSUASIVE COMMUNICATION
(Virtual) Communication skills to improve your effectiveness.

### PRESENTATION SKILLS SUITE
(Virtual) Everything you need to know to master public speaking, create PowerPoint presentations, and incorporate humor into your presentation delivery.

### ACHIEVING SUCCESS WITH DIFFICULT PEOPLE
(Virtual) How to have more successful relationships with difficult bosses, co-workers, students, neighbors, or relatives.

### GET FUNNY!
(Virtual) Tips to use humor to speak more effectively, write better, and increase your popularity.

### MASTERING PUBLIC SPEAKING
(Virtual) Secrets of effective public speaking and small group communication.

### KEYS TO EFFECTIVE COMMUNICATION
(Virtual) Lost for words? Don’t be! Learn to build rapport, trust, warmth, and respect through conversation.
BEGINNER LINE DANCE
Learn the basics of Line dancing, a fun workout for your mind and body, that feels like a fun night out! This class will teach the basic steps and beginner dances, all fitness levels welcome, no dance experience required. NO CLASS 11/23.
DNC-800-DCSuzy Theisen  $45
9/14-12/14  W 6:00-6:30 pm  13 Sessions
Don Carter Lanes  4007 E. State St. #2075  Rockford

INTERMEDIATE LINE DANCE
Know the basics, then come and learn the more challenging line dances! This class is for experienced line dancers that want to learn old and new intermediate-advanced line dances. All fitness levels welcome, should have prior line dance experience and knowledge of line dance terminology. NO CLASS 11/23.
DNC-800-DC2Suzy Theisen  $45
9/14-12/14  W 6:30-7:00 pm  13 Sessions
Don Carter Lanes  4007 E. State St. #2075  Rockford

DEFENSIVE DRIVING 101
(HS-Adult) Find out more about the conditions that affect your driving and learn to become a better, safer driver overall. In this course, you will learn about distracted driving, preventing collisions, safety features on newer vehicles, and how to be a safer driver. Even if you've been driving for decades, you'll learn something new!
(Online)
EDV-800-OLVicki Lay  $75
NOTE: After registering, email RVC-CCE@RockValleyCollege.edu for course instructions.
(Classroom)
EDV-800-RVVicki Lay  $50
NOTE: After registering, call Vicki Lay at (815) 921-3946 for available dates and times.

STEPPIN’ FREE DEMO
(Ages 10-Adult) Join us for a preview of our exciting Basics of Steppin’ class! Start with a bit of a demonstration, and end with doing a little steppin’ of your own!
DNC-800-FREEShu-Tehu Maati Ra  FREE
9/13  T 6:00-7:00 pm  1 Session
RVC Physical Education Ctr.  Room 1216

BASICS OF STEPPIN’
(Ages 10-Adult) An urban dance that originated in Chicago and continues to evolve. This is a progressive style of dance that can be enjoyed by anyone at any age. Don't wait! Join us now! NO CLASS 11/8.
DNC-800-RV4Shu-Tehu Maati Ra  $179
9/20-12/13  T 6:00-8:00 pm  12 Sessions
RVC Physical Education Ctr.  Room 1216

ATTITUDINAL DYNAMICS OF DRIVING
Please check with Traffic Safety at (815) 921-3940 before registering to make sure this is the correct class for your needs. This eight hour defensive driving class was developed by National Safety Council and is often used by the courts in conjunction with court supervision to help repeat traffic offenders or those with more severe moving violations to keep their driver's license. If you were told by the court in Winnebago, Boone, Ogle, Stephenson or Lee County that you need to take an eight hour defensive driving class, you will be signed up through the courts. Signing up for this class section will not get you into class any quicker. Contact the Traffic Safety Program for more information.
EDV-800-RV2Vicki Lay  $90
NEW! WILL YOU EVER BE ABLE TO RETIRE?
(Ideal for ages 40-60) Proven strategies to eliminate debt, pay less tax, and accumulate real wealth. Did you know you can pay off a 30 year mortgage in half the time without having to pay more to their debts? Includes how to avoid stock market losses on your retirement funds while legally avoid being taxed on your hard earned savings. Armed with all of this information you will be in a much better position to have the money you need to retire or maybe even retire early.

FIN-802-RV3 Antonio Filippone $45
9/14 W 6:30-7:30 pm 1 Session
RVC Physical Education Ctr. Room 0110

BABY BOOMER RETIREMENT SECRETS
Recent academic research indicates that a fundamental shift in retirement planning for the Baby Boomer Generation could be necessary. Due to global market instability and volatility the 6 basic rules of thumb for retirement may no longer apply. In this class you will learn strategies to maximize your Social Security income, how to legally avoid taxes on your Social Security and retirement plan income, why buy and hold may not be the best strategy for you and what you can do instead to improve your probability of success. This course is taught in two sessions-choose the night that best fits your schedule. INCLUDES: All course materials. Register one person, bring a guest for free!

FIN-802-RV Antonio Filippone $69
10/11-10/18 T 6:30-8:30 pm 2 Sessions
RVC Physical Education Ctr. Room 0110
FIN-802-RV2 Antonio Filippone $69
10/19-10/26 W 6:30-8:30 pm 2 Sessions
RVC Physical Education Ctr. Room 0110

NEW! HOW TO OPTIMIZE SOCIAL SECURITY
(Ideal for those quickly approaching Social Security claiming age OR spouse is already claiming.) Multiple case studies show how filing at the wrong time could cost you hundreds of thousands of dollars in retirement. We will also answer questions such as; Should you file early, on time, or delay taking Social Security? What happens if you still work and take Social Security? How do Spousal Benefits, and Ex-Spousal Benefits work? How to avoid being taxed on up to 85% of your Social Security benefits!

FIN-802-RV4 Antonio Filippone $45
11/9 W 6:30-7:30 pm 1 Session
RVC Physical Education Ctr. Room 0110

HOW TO PICK STOCKS
Are you earning 20% per year on your investments? This course will teach Value Investing, the investment methodology employed by Warren Buffett, whose 52 year record is 20.9% per year. Whether investing in stocks in your personal account, your retirement plan, or IRA, this course will unlock the mysteries of investing in stocks.

FIN-802-RV15 Thomas Hawkinson $90
9/20-10/18 T 6:00-8:00 pm 5 Sessions
RVC Physical Education Ctr. Room 0202

RETIREMENT PLANNING TODAY
(Ages 50-70) Learn how to manage investment risks, use new tax laws to your advantage, make informed decisions about your company retirement plan, and adjust your estate plan to function properly. Blend financial education with life planning to help you build wealth, align your money with your values and achieve your retirement lifestyle goals. INCLUDES: Textbook. Register one person, bring a guest for free!

FIN-802-RV11 Carl Mook $49
10/6-10/13 Th 6:00-9:00 pm 2 Sessions
RVC Classroom Bldg. II Room 227
FIN-802-RV12 Carl Mook $49
10/20-10/27 Th 6:00-9:00 pm 2 Sessions
RVC Classroom Bldg. II Room 227
FIN-802-RV13 Carl Mook $49
10/4-10/11 T 6:00-9:00 pm 2 Sessions
RVC Classroom Bldg. II Room 227
FIN-802-RV14 Carl Mook $49
10/18-10/25 T 6:00-9:00 pm 2 Sessions
RVC Classroom Bldg. II Room 227
WOMEN & INVESTING
Today, it’s more important for women to understand the markets. Laying a foundation for serious, long-term investing is key. During class, you will develop a personal strategy for investing, understand your risk for volatility, and learn about the basics for of investing such as stocks, bonds, mutual funds and ETFs. We’ll explore retirement and other financial goals and gain confidence about your investing.

FIN-802-BLL Erna Colborn $79
9/20-10/11 T 7:00-8:30 pm 4 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 002

FIN-802-BLL2 Erna Colborn & Danielle Burza-Smith $79
10/12-10/13 WTh 6:30-8:00 pm 2 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 001

FIN-802-BLL3 Erna Colborn & Danielle Burza-Smith $79
11/2-11/3 WTh 6:30-8:00 pm 2 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 001

REAL ESTATE PLANNING
It’s important for even small estates to have a plan and simplify things for the loved ones you leave behind. We’ll share all the financial and legal tools for estate planning (wills, trusts and more) and help you understand what happens in the courts and the expense involved when you allow your estate to go to probate. NOTE: Register one person, bring a guest for free!

FINANCE
Continued

VIRTUAL WORKSHOPS
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INSTRUCTOR-LED COURSES & SELF-PACED TUTORIALS

KEYS TO SUCCESSFUL MONEY MANAGEMENT
(Virtual) Certified financial planner shows you how most wealthy people build their fortunes.

WHERE DOES ALL MY MONEY GO?
(Virtual) Get control of your money once and for all.

FINANCIAL PLANNING SUITE
(Virtual) Determine the best way to achieve your financial goals, protect your assets, and take control of your money once and for all with this online course.

PERSONAL FINANCE
(Virtual) Protect your assets and discover how best to achieve all your financial goals.

REAL ESTATE SUITE
(Virtual) Understand what it takes to build wealth, how to invest in real estate, and legalities surrounding real estate.

REAL ESTATE INVESTING
(Virtual) Build and protect your wealth by investing in real estate.

INTRODUCTION TO STOCK OPTIONS
(Virtual) How stock options can protect your portfolio and help you profit in any type of market.

STOCK TRADING SUITE
(Virtual) Make wise investment decisions and discover valuable techniques that show you step-by-step how to research and value stocks.

STOCKS, BONDS, AND INVESTING: OH, MY!
(Virtual) Make wise investment decisions so that you have enough money to live comfortably through your retirement.

THE ANALYSIS AND VALUATION OF STOCKS
(Virtual) Step-by-step how to research and value stocks.

[ Finance workshops are intended to provide general financial information. For individual plans, consult your financial advisor. ]
FITNESS

TAI CHI & MORE WITH SUE MICHAELSEN

Classes meet in Bell School Rd. Ctr., 3350 Bell School Rd., Room 013.
Zoom upon request. Call (815) 921-3900 or email RVC-CCE@RockValleyCollege.edu.

TAI CHI FOR BEGINNERS
Seated training as needed. Relax stress and tension and improve memory and balance. Warm up with Therapeutic Chi Kung, breathing, hand positions, stances, slow movements and 5 Elements Tai Chi. Handouts provided.

FIT-812-BEG  $75
9/12-11/14 M 10:50-11:50 am 10 Sessions
FIT-812-BEG2 $75
9/15-11/17 Th 6:40–7:40 pm 10 Sessions
FIT-812-BEG3 $75
9/17-11/19 Sa 10:20-11:20 am 10 Sessions

TAI CHI PREP FOR FORMS
Preparation for successful participation in the Tai Chi Forms & Skills classes. Choose to attend 1, 2 or all time offerings.

FIT-812-PREP Sue Michaelsen $45
9/15-11/17 Th 4:20-5:20 pm 10 Sessions
9/17-11/19 Sa 8:00-9:00 am 10 Sessions

TAI CHI FORMS & SKILLS
Seated training as needed. Warm up with Therapeutic Chi Kung, Drills and Routines. Chen, Yang, Fan and Sword. PREREQUISITE: Tai Chi for Beginners or instructor approval. Optional books and DVDs available to purchase. Choose to attend 1, 2 or all time offerings.

FIT-812-FORMS $75
9/12-11/14 M 9:40-10:40 am 10 Sessions
9/15-11/17 Th 5:30-6:30 pm 10 Sessions
9/17-11/19 Sa 9:10-10:10 am 10 Sessions

CHI KUNG
Relaxing, slow movements, breathing and stretching to improve your balance, comfort, coordination, mental calm and encourage your best health and fitness. Seated or standing.

FIT-812-CHI $45
9/12-11/14 M Noon-1:00 pm 10 Sessions

FIT CLASSES WITH SUZY THEISEN

Classes meet at Fitness Works, 3619 Morsay Dr., Rockford

DANCE FITNESS
Come join the Dance Party! Dance Fitness fusion with styles including Latin, ballroom, line dance, Hip hop, and more. So much fun, you will forget it’s a workout! Set to modern and retro music mix, all fitness levels welcome, no dance experience required.

FIT-800-FW  $95
9/12-12/12 M 6:00-6:50 pm 13 Sessions
NO CLASS 10/31
FIT-800-FW3 $85
9/17-12/10 Sa 10:00-10:50 am 12 Sessions
NO CLASS 11/26

BALLROOM FITNESS
Dancing with the Stars meets Zumba style dance fitness, NO Partners. basic ballroom styles and steps including Jive, Tango, Cha cha cha, Samba, Waltz and more. So much fun, you will forget it’s a workout! Set to modern and retro music mix, all fitness levels welcome, no dance experience required. NO CLASS 11/24.

FIT-800-FW2 $95
9/15-12/15 Th 6:00-6:50 pm 13 Sessions

Questions? Call (815) 921-3900
FOODIES

BASIC CAKE DECORATING
Have you ever wanted to make professional looking cakes or cupcakes for special occasions? Discover many baking hints and how to decorate like the professionals. Simple yet elegant looking borders, decorations and flowers. The first class will have interesting baking hints and secrets to complete a lovely cake! Desserts will be made at home and you will decorate them in class. SUPPLIES: A supply list will be given at first class; (items such as icing bags, tips, couplers etc.). Cost of supplies vary (starting around $75).

BRING:
Pencils, erasers, red pen, calculator, geometry set, graph paper, ruler and notebook.

PREREQUISITE:
7th grade math or instructor permission.

PURCHASE:
Text at RVC Bookstore.

NEW! MOLECULAR FOOD GASTRONOMY
Molecular food gastronomy is a field that marries cooking with the amazing world of science by exploring the physical and chemical transformation of ingredients that occur while cooking. This modern approach to cooking uses the technical innovations found in the scientific fields to its own advantage and creates food that is stimulates all our senses. This course will explore some of the basic techniques used to make juice “caviar”, “pasta” made from specialty greens, flavored powders, and more!

SUPPLIES:
A supply list will be given at first class; (items such as icing bags, tips, couplers etc.). Cost of supplies vary (starting around $75).

VIRTUAL WORKSHOPS
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INSTRUCTOR-LED COURSES & SELF-PACED TUTORIALS

LOSE WEIGHT & KEEP IT OFF
(Virtual) Establish a healthy approach to successful weight loss and weight maintenance for a lifetime.

LUSCIOUS, LOW-FAT, LIGHTNING-QUICK MEALS
(Virtual) Join a registered dietitian and discover how easy it can be to prepare meals that are both delicious and nutritious!

SECRETS OF THE CATERER
(Virtual) Cooking and business secrets from a professional caterer!

START YOUR OWN EDIBLE GARDEN
(Virtual) Grow delicious, nutritious fruit and vegetables in your yard.

GROWING PLANTS FOR FUN AND PROFIT
(Virtual) Prosper in the backyard nursery business.

MATH

E-Z MATH
(Ages 11-17) Reinforces main concepts from 8th grade mathematics including: analyze proportional relationships and solving real world/mathematical problems; apply and extend previous understanding of fractions to add, subtract, multiply and divide rational numbers; use properties of operations to generate equivalent expressions; use numerical and algebraic expressions and equations; draw, construct, and describe geometrical figures and relationships between them; applications in angle measure, area, surface area, and volume; random sampling to draw inferences about a population; draw informal comparative inferences about two populations; investigate chance processes and develop, use, and evaluate statistics and probability models. Homework assignments and final test will be part of this course. BRING: Pencils, erasers, red pen, calculator, geometry set, graph paper, ruler and notebook. PREREQUISITE: 7th grade math or instructor permission. PURCHASE: Text at RVC Bookstore. NO CLASS 11/26, 12/3.

COL-800-RV Bilal Khairi $275
9/17-12/17 Sa 10:00 am-Noon 12 Sessions
RVC Jacobs Ctr. for Science & Math Room 0216

NEED TO CANCEL? Just let us know 7 days prior to 1st class. Call (815) 921-3900 or email RVC-CCE@RockValleyCollege.edu
MINDFULNESS, MEDITATION & SELF CARE

PAST LIFE REGRESSION
Are past lives real? Experience your own past lives and discover for yourself why certain people and places hold special meaning in your current life. Past life regression hypnosis allows you to visit other times and other places to find answers to questions you’ve always had.

ALT-800-RV2  Dr. Shanti Hulsebus $52
9/13  T  7:00-8:30 pm  1 Session
RVC Classroom Bldg. II  Room 121

HYBRID BREATHING FOR MIND, BODY & SPIRIT
Hybrid techniques of restorative yoga, hypnosis, meditation and deep breathing will taught to help rejuvenate you. Regular practice will help your brain-body muscle memory to automatically apply this for your well-being to carry you through the stressors you experience. Yoga exercises are gentle and supported by our materials so you experience stretch not strain. The Relaxation Response research conducted by Harvard psychiatrist Dr. Herbert Benson and thousands of subsequent research studies are the foundation of this class.

ALT-800-CTC  Dr. Cindy Stear & Kathy Larson $120
9/13-10/20  TTh  1:00-2:00 pm  12 Sessions
Connections Therapy Center  1047 Cannell Ct., Rockton

FENG SHUI FOR LIFE
Feng Shui is Chinese traditional science and art of practice which works by balancing and harmonizing energy or “Chi”. This course will teach basic knowledge of Feng Shui and how to recognize good energy. By using the Feng Shui methods learned in this course, you will create a more balanced and comfortable environment, bringing you a lucky and wonderful life. NO CLASS 11/8.

EDV-800-RV4  Min Wang $89
9/13-11/22  T  6:00-7:30 pm  10 Sessions
RVC Classroom Bldg. II  Room 229

INTRODUCTION TO MEDITATION FOR SPIRITUAL AWARENESS
Meditation helps reduce stress, increases productivity, and improves concentration and spiritual growth. We will cover the physical, mental, emotional, and spiritual benefits of meditation, developing the meditation technique, sitting still and focusing, and stilling the mind.

ALT-800-RV  Dr. Shanti Hulsebus $58
9/15-10/6  Th  7:00-8:30 pm  4 Sessions
RVC Classroom Bldg. II  Room 121

NEW! NATAL CHART ASTROLOGY WORKSHOP: ECLIPSES IN THE HOUSE
Uncover more about the north and south nodes of the moon and how eclipses function as a timing technique, increasing the activity across a house axis for approximately 18 months and oftentimes sparking momentous beginnings and endings in specific areas of your life. Because the lunar nodes are always opposite one another, they activate a house/sign axis in your chart. One house and sign requires greater attention and energy, while another experiences a withdrawal of energy. Our current eclipse season has been activating the Scorpio/Taurus axis of your chart. We will look at the dates of the current eclipse season and identify how these houses have been activated for you. Come prepared to share, discuss and ask questions.

ALT-800-BLL4  Tammie Ciciura $55
10/1  Sa  10:00 am-Noon  1 Session
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 002

NATAL CHART ASTROLOGY
A natal chart is like a map of the stars at the moment you were born and, when investigated and read properly, it is a tool to help us understand our strengths, challenges, and motivations. BRING: Your birth information (date, time, and location from a birth certificate) to our first class and you will be provided with your detailed natal chart to study as we move through the meanings and significations of the 10 traditional planets, 12 signs of the zodiac, and the whole house system and then move onto synthesizing and interpreting their interactions in your chart.

ALT-800-BLL3  Tammie Ciciura $95
10/26-11/30  W  7:00-8:30 pm  6 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 002

SELF-ACUPRESSURE & SELF-MASSAGE
How do Chinese hospitals promote healthier mind and body? Acupressure, massage, special breathing, and stretching. We’ll help you improve your balance, coordination, and healing. INCLUDES: Acu charts and handouts.

ALT-800-BLL  Sue Michaelsen $35
10/2  Su  1:00-3:00 pm  1 Session
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 013

MASSAGE FOR COUPLES
Spend a special date learning to pamper necks, shoulders, back and more. Students remain clothed. Have blanket and pillow to make chairs comfortable for you. NOTE: Each person must register.

ALT-800-BLL2  Sue Michaelsen $35
10/16  Su  1:00-3:00 pm  1 Session
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 013
REIKI ENERGY LEVEL I
Reiki is a holistic way to bring your mind/body/spirit into balance. Reiki promotes relaxation, healing, and healthy living. During this class you will learn the history of Usui Reiki, the hand positions, as well as learning how to ground and center yourself. We will practice feeling energy and giving a Reiki session. At the end of the class, you will receive an attunement and a certificate.

<table>
<thead>
<tr>
<th>Course</th>
<th>Instructor</th>
<th>Duration</th>
<th>Room</th>
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<tbody>
<tr>
<td>ALT-800-RV3</td>
<td>Debby Gaines</td>
<td>6 Sessions</td>
<td></td>
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<tr>
<td>9/19-10/3</td>
<td>M 6:00-8:00 pm</td>
<td>RVC Student Center</td>
<td></td>
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<tr>
<td>ALT-800-RV4</td>
<td>Debby Gaines</td>
<td>1 Session</td>
<td></td>
</tr>
<tr>
<td>10/22</td>
<td>Sa 9:00 am-4:30 pm</td>
<td>RVC Student Center</td>
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COMMUNITY BAND
Continue your instrumental development through performing a variety of musical styles in the concert band setting. New members should contact the director at (815) 975-0478 or e-mail rvcband@hotmail.com.
PREREQUISITE: Must be proficient on a band instrument.

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<tr>
<td>MUS-800-RV2</td>
<td>Erik Oberg</td>
<td>14 Sessions</td>
<td></td>
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<tr>
<td>8/18-11/17</td>
<td>Th 6:45-9:00 pm</td>
<td>RVC Educational Resource Ctr.</td>
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</table>

COMMUNITY ORCHESTRA
Open to instrumentalists of intermediate and above abilities who are able to read music. Music from various periods and styles will be studied and performed in concerts. BRING: Your instrument to the first class. NO CLASS 9/5, 11/28.

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<tbody>
<tr>
<td>MUS-800-RV</td>
<td>TBA</td>
<td>13 Sessions</td>
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<tr>
<td>8/29-12/5</td>
<td>M 7:00-9:15 pm</td>
<td>RVC Educational Resource Ctr.</td>
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</table>

COMMUNITY JAZZ ENSEMBLE
Open to jazz band instrumentalists who enjoy a wide variety of jazz styles. Music performed will be jazz band instrumentation. Performances with the ensemble will include concerts at Rock Valley College as well as other community concerts. New members should contact the instructor prior to first rehearsal. PREREQUISITE: Previous jazz band experience; new students call instructor at (815) 921-1242.

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<tbody>
<tr>
<td>MUS-800-RV3</td>
<td>Joel Baer</td>
<td>13 Sessions</td>
<td></td>
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<tr>
<td>9/7-11/30</td>
<td>W 6:45-8:30 pm</td>
<td>RVC Educational Resource Ctr.</td>
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NEW! REIKI II
(NOTE: Reiki I and II can be taken consecutively). In Reiki II, you’ll discover the first three symbols, as well as the mantras, the energy associated with them, and ways to invoke them. Also discover how to send Reiki energy through time and space. Each participant will receive their second attunement and will have the opportunity to practice a full Reiki session during the class. PREREQUISITE: Usui Reiki I completion. WEAR: Comfortable clothing. BRING: Water bottle.

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<th>Course</th>
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<th>Duration</th>
<th>Room</th>
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</thead>
<tbody>
<tr>
<td>ALT-800-RV5</td>
<td>Debby Gaines</td>
<td>6 Sessions</td>
<td></td>
</tr>
<tr>
<td>10/10-10/24</td>
<td>M 6:00-8:00 pm</td>
<td>RVC Student Center</td>
<td></td>
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ROCK VALLEY MASTER CHORALE
The Rock Valley Master Chorale is a choir of dedicated singers who enjoy learning concert repertoire that is both challenging and enriching. We bring music of the highest level to the community through public concerts, and share our talents in presenting outreach performance that serve the wider community. If you are looking to rekindle a choral experience that will recapture the joy and the excellence of a wonderful high school or college choir, we welcome you to join us soon. PREREQUISITE: Successful audition with the director and accompanist. For more information call (815) 978-8169 or email wahlquistj2@gmail.com.

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<th>Course</th>
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<th>Location</th>
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</thead>
<tbody>
<tr>
<td>MUS-800-RV4</td>
<td>John Wahlquist</td>
<td>14 Sessions</td>
<td>Our Savior’s Lutheran Church 3300 Rural St., Rockford</td>
</tr>
</tbody>
</table>

OLD TOWNE BAND
(Ages 16-adult) We specialize in performing early 1900s music including circus marches, ragtime, Dixieland, vaudeville, overtures, novelties, etc. The band presents a formal concert each semester and performs at occasional community events. NOTE: New members should call or text the instructor at 815-520-7963. Scholarships are available for all ages. PREREQUISITE: Ability to play a band instrument.

<table>
<thead>
<tr>
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<th>Duration</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>MUS-800-KCDS</td>
<td>Mark Rose</td>
<td>11 Sessions</td>
<td>Keith School 1 Jacoby Place Band Room</td>
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MUSIC
PIANO WITH INGER LANGSHOLT

• Classes are in RVC Classroom Bldg. ll, Room G22
• Choose appropriate level.
• Register at RockValleyCollege.edu/CEOnline and attend first class OR register and pay (check only please) at first class.
• Dates/times subject to change at instructor’s discretion.
• MUST HAVE: Piano or keyboard with standard size keys (needed for home assignments).

TEENS CONTINUING PIANO
(Older Children-Teens) Intermediate piano. NOT for beginners; must have several years of study. NO CLASS 10/15, 11/12, 11/26, 12/3.

MUS-800-RV10    $115
9/17-12/10      Sa 2:30-3:30 pm  9 Sessions

BEGINNING PIANO FOR ADULTS
(Adults) No Experience - beginning from scratch.

MUS-800-RV5    $149
9/19-12/12     M 6:30-7:30 pm  13 Sessions

ADULT BEGINNING PIANO II
(Adults) Expanding the note range “moving”.

MUS-800-RV6    $149
9/19-12/12     M 7:45-8:45 pm  13 Sessions

ADULT BEGINNING PIANO III, IV
(Adults) Expanding the note range “moving”. NO CLASS 11/8.

MUS-800-RV9    $149
9/13-12/13     T 6:45-7:45 pm  13 Sessions

ADULT BEGINNING PIANO VI, VII
(Adults) Expanding the note range “moving”. NO CLASS 11/8.

MUS-800-RV8    $149
9/13-12/13     T 11:45 am-12:45 pm  13 Sessions

CONTINUING PIANO FOR ADULTS
(Adults) NOT for beginners; must have several years of study. NO CLASS 11/8.

MUS-800-RV7    $149
9/13-12/13     T 10:30-11:30 am  13 Sessions

VIRTUAL WORKSHOPS
REGISTER AT ED2GO.COM/RVC2
— 2 OPTIONS TO CHOOSE FROM! —
INSTRUCTOR-LED COURSES & SELF-PACED TUTORIALS

MUSIC MADE EASY
(Virtual) Fundamentals of music theory. Be able to read, write, and play simple music.

INTRODUCTION TO GUITAR
(Virtual) Master basic guitar skills and become the musician you’ve always wanted to be.
**PETS**

**COMPASSIONATE PET GROOMING**

Intro to the correct use of tools and how to gently encourage pet cooperation for needed pre-bath comb out, trim, bath, condition, dry and style. **NOTE:** Please leave pets at home; this training is for owners only.

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<th>Instructor</th>
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<th>Room</th>
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<tr>
<td>ANI-803-BLL</td>
<td>Sue Michaelsen</td>
<td>9/18</td>
<td>Su 3:30-5:30 pm</td>
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<td>3350 Bell School Rd.</td>
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**VIRTUAL WORKSHOP**

**REGISTER AT ED2GO.COM/RVC2**

**START A PET SITTING BUSINESS**

(Virtual) Translate your love of animals into a fun and profitable career.

**PHOTOGRAPHY**

**BASIC DIGITAL PHOTOGRAPHY**

Are you only using $100 of features on your $500 camera? This action-packed class will show you how to use your camera controls and cover the basics of digital photography in layman’s terms. Learn the elements of exposure control, white balance, and composition to strengthen your photographic foundation. You also learn about photographing people, close-ups, action and low-light photography.

**BRING:** Your camera.

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<th>Course Code</th>
<th>Location</th>
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<th>Time</th>
<th>Sessions</th>
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<tr>
<td>PHO-800-RV</td>
<td>Adventure Safari Network</td>
<td>9/19-10/3</td>
<td>M 6:00-8:30 pm</td>
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<td>RVC Jacobs Ctr. for Science &amp; Math</td>
<td>Room 1104</td>
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**VIRTUAL WORKSHOPS**

**REGISTER AT ED2GO.COM/RVC2**

— 2 OPTIONS TO CHOOSE FROM! —

**PHOTOGRAPHY SUITE**

(Virtual) Advance your photography hobby or turn it into a business.

**SECRETS OF BETTER PHOTOGRAPHY**

(Virtual) Understand your camera and how to use it in a variety of situations.

**MASTERING DIGITAL PHOTOGRAPHY: PHOTOGRAPHING PEOPLE**

(Virtual) Learn to take beautiful pictures of adults, children, and babies.

**PHOTOGRAPHING NATURE WITH YOUR DIGITAL CAMERA**

(Virtual) Take stunning nature photos, including landscapes, flowers, animals, and even macro shots.

**TRAVEL PHOTOGRAPHY FOR THE DIGITAL PHOTOGRAPHER**

(Virtual) Tricks and techniques digital photographers need to capture scenes from around the world.

**INTRODUCTION TO DIGITAL SCRAPBOOKING**

(Virtual) Combine digital and traditional scrapbooking techniques.
NEW! MOLECULAR FOOD GASTRONOMY

Molecular food gastronomy is a field that marries cooking with the amazing world of science by exploring the physical and chemical transformation of ingredients that occur while cooking. This modern approach to cooking uses the technical innovations found in the scientific fields to its own advantage and creates food that is stimulates all our senses. This course will explore some of the basic techniques used to make juice “caviar”, “pasta” made from specialty greens, flavored powders, and more!

SEA-800-RV  Laura Constant  $135
10/18-11/1  T  6:00-8:00 pm  3 Sessions
RVC Jacobs Ctr. for Science & Math  Room 1126

TRAVEL

ALASKA EXPEDITION

Trip dates: June 4-14, 2023, plus other options. Best of Alaska Preview is Monday, Sept. 26 at 4:30 pm. Truly the last American frontier, Alaska has some of the most stunning scenery and wildlife in the world. This is absolutely the BEST of Alaska. Whales, glaciers, grizzlies, Denali, the Alaska Railroad and flightseeing through the stunning Alaskan Range! Come to hear all about it. REGISTER BY SEPTEMBER 20 TO SAVE $100 PER PERSON ON YOUR TRIP!

TRV-800-RV  Adventure Safari Network  $19
9/27  T  4:30-5:30 pm  1 Session
RVC Jacobs Ctr. for Science & Math  Room 1104

AFRICA EXPEDITION

Multiple 2023 departures. Africa is one of the last places on earth to come eye-to-eye with some of the most majestic animals on the planet. You will also spend time in beautiful Cape Town to visit Table Mountain, the Cape of Good Hope, and the best wineries in Africa. Optional add-on trip to Victoria Falls. Come to the preview for more information. REGISTER BY SEPTEMBER 27 TO SAVE $100 PER PERSON ON YOUR TRIP!

TRV-800-RV2  Adventure Safari Network  $19
10/4  T  4:30-5:30 pm  1 Session
RVC Jacobs Ctr. for Science & Math  Room 1104

NEED TO CANCEL? Just let us know 7 days prior to 1st class. Call (815) 921-3900 or email RVC-CCE@RockValleyCollege.edu
**TRAVEL WITH GINA HENRY: VIRTUAL WORKSHOPS**

**HOW TO TRAVEL FREE & SAFELY**
(Zoom) Learn how to benefit from deep travel discounts to motivate you to book travel in 2022. If you are near retirement, changing careers, a student, or someone who likes the idea of making additional income to support your travel dream, this class is for you. Prepare for the new “travel normal” including important tips on safety, trip insurance, what to do if you become sick, and other strategies. Earn free airline tickets, hotel nights, and tours! Volunteering, fun work-vacations, paid travel, teaching English, mystery shopping, importing/drop shipping, and remote employment opportunities.

TRV-800-OL  $69
10/22  Sa  11:00 am-2:00 pm  1 Session

**GET PAID TO TEACH ENGLISH**
(Zoom) Teaching English is a high paying career and a great way to go on vacation for free. English is the world’s business and travel language. You do not have to be certified or speak the local language. Make money from home by teaching English online. Earn a free vacation, 2-month paid Fall job, or full-time work that earns up to $90K a year. Learn about the best paying jobs, qualifications, certification programs and specific hiring organizations.

TRV-800-OL2  $69
10/29  Sa  11:00 am-2:00 pm  1 Session

**WORK REMOTELY & BECOME A NOMAD**
(Zoom) Working remotely is now the thing. Why not add travel into the mix? You can make your travels sustainable by earning a living as you travel. Get the “how to” of living on the road including downsizing, putting your stuff in storage, getting your mail, how to have a “physical address”, the RV lifestyle, timeshares, international living, long-term rentals, housesitting, and more. Learn the best ways to set up your remote office and get quality wifi in your hotel, long-term rental, and out of your car or RV. Plus learn about the many remote jobs available.

TRV-800-OL3  $69
11/5  Sa  11:00 am-2:00 pm  1 Session

**THE SECRETS OF TRAVEL HACKING**
(Zoom) You can earn hundreds of thousands of airline frequent flyer miles and hotel reward points without ever stepping foot on a plane. Flights and hotels are typically the most expensive part of your vacation budget. Gina will show you her easy “Beginner Strategy” then graduate you to more advanced strategies that earn you 1 million+ reward points a year. All the major reward programs will be detailed. Also learn tips for flying business and first class.

TRV-800-OL4  $69
11/12  Sa  11:00 am-2:00 pm  1 Session

**WORK-LIFE BALANCE**
**VIRTUAL WORKSHOPS**
REGISTER AT ED2GO.COM/RVC2

**GENEALOGY BASICS**
(Virtual) Where to look, who to contact, and how to use research tools to begin an exciting and fascinating exploration of your roots.

**HELPING ELDERLY PARENTS**
(Virtual) Be prepared to handle the challenges you and your parents will face in the coming years, while learning to cherish the transition.

**WORK YOURSELF HAPPY**
(Virtual) Design a life that makes you happy by learning how you can use work to express yourself and share your interests and talents.

**INTRODUCTION TO JOURNALING**
(Virtual) Journaling can help you learn more about yourself, explore your dreams, values, and beliefs, improve your health, survive unwanted change, succeed in your career, and express your creativity.

**MARRIAGE AND RELATIONSHIPS: KEYS TO SUCCESS**
(Virtual) Getting married is just the first step! Learn how to build a solid foundation for a healthy partnership that will last far beyond “I do.”

**HEALTHY RELATIONSHIPS SUITE**
(Virtual) Interpersonal communication will show you how to manage the conscious and unconscious codes we send to each other.

**RESUME WRITING WORKSHOP**
(Virtual) Transform your tired, boring resume into a powerful tool.

**UNDERSTANDING ADOLESCENTS**
(Virtual) Gain valuable information on how adolescents feel, how their identities develop, and how you can best meet their needs.
WRITING VIRTUAL WORKSHOPS
REGISTER AT ED2GO.COM/RVC2
2 OPTIONS TO CHOOSE FROM: INSTRUCTOR-LED COURSES & SELF-PACED TUTORIALS

WRITERIFFIC: CREATIVITY TRAINING FOR WRITERS
(Virtual) Banish writer’s block forever with these tricks from the published writer’s toolbox.

WRITING AND EDITING VALUE SUITE
(Virtual) Brush up on your grammar, writing, and editing skills with this discounted bundle of online courses!

GRAMMAR REFRESHER
(Virtual) Develop your English grammar skills and take your writing and speaking to the next level of excellence.

THE KEYS TO EFFECTIVE EDITING
(Virtual) Learn the fundamentals of top-notch editing for both fiction and nonfiction.

BEGINNING WRITER’S WORKSHOP
(Virtual) If you have a story that needs to be written, this course will improve your writing skills.

WRITE LIKE A PRO
(Virtual) Learn how to use story outlines like a professional writer with lessons developed by a published author.

WRITING ESSENTIALS
(Virtual) Excel at business communications, express yourself clearly online, and take your creative literary talents to a new level.

CREATIVE WRITING VALUE SUITE
(Virtual) Learn the mechanics of writing and editing, and have your story workshopped by peers.

GRAMMAR REFRESHER II
(Virtual) Take your grammar and language mechanics skills to the next level, and master the building blocks of effective writing.

GRAMMAR REFRESHER SERIES
(Virtual) Gain confidence in your ability to produce clean, grammatically correct work.

ADVANCED FICTION WRITING
(Virtual) Explore advanced fiction writing techniques with a published novelist.

EXPLORE FICTION WRITING GENRES SUITE
(Virtual) Write different fiction genres such as fantasy, romance, mystery, and screenwriting.

EXPLORE NON-FICTION WRITING SUITE
(Virtual) Learn to write, edit and publish non-fiction and the best practices for pitching and submitting your work.

EFFECTIVE BUSINESS WRITING
(Virtual) Learn how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

INTRODUCTION TO SCREENWRITING
(Virtual) Learn how to write a great script, from structure, character creation, and dialogue to marketing and selling your screenplay.

TRAVEL WRITING
(Virtual) Profit from your experiences in exotic lands (or your own backyard) by learning how to write and sell travel articles and books.

BEGINNER’S GUIDE TO GETTING PUBLISHED
(Virtual) Published writer shows you how to give yourself the credibility you need to get your books and articles published.

HOW TO MAKE MONEY FROM YOUR WRITING
(Virtual) Make money with your writing—create a business, add income, supplement your retirement, or boost your earning as a writer.

WRITE & PUBLISH YOUR NON-FICTION BOOK
(Virtual) Become a professional author or advance your career by learning to write, edit, and publish non-fiction books of all types.

WRITING YOUNG ADULT FICTION
(Virtual) Develop your own young adult novel and learn how to break into one of today’s hottest publishing markets.

WRITE YOUR LIFE STORY
(Virtual) Create and distribute an inspirational and professional autobiography for family, friends, and others.

WRITING FOR CHILDREN
(Virtual) Published children’s author shows you how to touch the hearts of children by creating books for them.

WRITING FICTION SERIES
(Virtual) Learn the fundamentals of storytelling that bring your ideas to fruition, and how edit and polish your work.

WRITING THE FANTASY NOVEL
(Virtual) This is the perfect course for anyone who’s ever thought about becoming a fantasy fiction writer.

MYSTERY WRITING
(Virtual) Using vivid examples from bestselling mystery novels, learn the techniques you need to become a successful author.

ROMANCE WRITING
(Virtual) Learn the skills you need to write a romance novel that will make readers swoon.
HATHA YOGA

Yoga class taught in the Hatha Yoga tradition. We hold poses for several breaths to allow you to settle into each pose. Then, slowly, we move fluidly into the next pose to allow proper foundation and alignment. Variations in poses are always offered, and students are always encouraged to move at their own pace in a non-competitive environment. You can expect an ever-changing practice along with the pranayama and meditation techniques, hand mudras, and plenty of encouragement! **NOTE:** Do not start yoga if you are pregnant.

**BRING:** Yoga mat and water.

**YOG-800-RV4** Amanda Stivers $95
10/18-12/13 T 8:00-9:00 am 8 Sessions
RVC Physical Education Ctr. Room 1216
NO CLASS 11/8

**YOG-800-RV5** Amanda Stivers $95
10/19-12/14 W 5:30-6:30 pm 8 Sessions
RVC Physical Education Ctr. Room 1216
NO CLASS 11/9

NEW! SLOW FLOW YOGA

This mindful sequence combines gentle vinyasa flow with traditional hatha yoga postures sustained for longer holds. You will be encouraged to find and maintain a stable, balanced center and then initiate movement from your center mindfully with steadiness and ease. Detailed instruction on postural alignment, especially the psoas and pelvis will help you dissolve tension held in other areas of the body. Detailed instruction on diaphragmatic breathing will soften and hydrate the inner visceral body, encouraging a deep rejuvenation by the end of class.

**YOG-800-RV Tammie Ciciura $197**
9/12-11/28 M 5:30-6:45 pm 12 Sessions
RVC Physical Education Ctr. Room 1216

YOGA FOR ALL LEVELS

Focus on postures and the foundations of breath work. We will learn proper alignment, strengthen and promote flexibility in the body integrating breathing techniques. You can expect an emphasis on simplicity, repetition and ease of movement. We will include standing postures, twists, forward folds, hip openers and a variety of balances. **NOTE:** Do not start yoga if you are pregnant. **BRING:** A yoga mat, a yoga strap, water. **NO CLASS 11/23.**

**YOG-800-BLL3** Raeann Austin $135
9/21-12/14 W 5:30-6:30 pm 12 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 013

ALL LEVEL YOGA

(Open to all experience levels. You are encouraged to practice at your own pace.) Seeking to reduce stress and become a healthier you? Incorporate mindfulness into your life. Receive encouraging guidance by practicing a variety of poses and breathing exercises. Yoga practice will increase flexibility, strengthen the body, build better balance, bring improved focus, clarity and peace. **NOTE:** Do not start yoga if you are pregnant. **BRING:** Yoga mat, water and strap.

**YOG-800-BLL2** Stephanie Tubitis $115
10/10-12/5 M 7:00-8:00 pm 9 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 013

YOGA FOR BEGINNERS

For those newer to yoga or those wanting a basic class, we will introduce simple yoga poses, while teaching you breathing techniques and helping you feel more comfortable in your yoga practice. We will strengthen and promote flexibility in the body including standing poses, twists, forward folds, hip openers, and a variety of balances. **NOTE:** Do not start yoga if you are pregnant. **BRING:** A yoga mat, a yoga strap, water. **NO CLASS 11/25.**

**YOG-800-RV2** Raeann Austin $115
10/7-12/16 F 9:30-10:30 am 10 Sessions
RVC Physical Education Ctr. Room 1216

YOGA II

Are you ready to incorporate more challenging poses into your practice? Yoga II class will deepen awareness and increase strength and flexibility. This class is faster paced and includes more challenging poses. Emphasis is placed on mindfulness and awareness of the breath. **NOTE:** Do not start yoga if you are pregnant. **BRING:** Yoga mat and water.

**YOG-800-BLL** Stephanie Tubitis $115
10/10-12/5 M 5:45-6:45 pm 9 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 013

CHAIR YOGA

Chair yoga is one of the gentlest forms of yoga available. Participants will perform postures and breathing exercises with the aid of a chair. We will experience the many benefits of yoga without having to get up or down from the floor. The benefits will include increased balance, strength, flexibility, range of motion, and stress reduction. **NOTE:** Do not start yoga if you are pregnant. **BRING:** A yoga strap. Yoga mat is optional. **NO CLASS 11/25.**

**YOG-800-RV3** Raeann Austin $105
10/7-12/16 F 10:45-11:30 am 10 Sessions
RVC Physical Education Ctr.

NEED TO CANCEL? Just let us know 7 days prior to 1st class. Call (815) 921-3900 or email RVC-CCE@RockValleyCollege.edu
Whiz Kids provides youth and young adults with a variety of academic enrichment opportunities. Whiz Kids classes are designed to provide activities for youth, cleverly disguised as fun, where students learn by doing and supporting each other in the learning process. Kids are inspired to try new things, build independence, gain social skills, face challenges, learn the value of work, and build character.

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REFUND POLICY: Our instructors look forward to seeing you in their classrooms! They need time to purchase the supplies and materials that you will need to participate. Of course, we understand that sometimes your schedule changes, so we’ve updated our Refund Policy:
Withdrawal/Drop by student 7 days or more before the start of class: receive a 100% refund.*
*Refunds exclude non-RVC fees, such as credit card and e-check fees. Exclusions apply – see individual courses for details. Visit RockValleyCollege.edu for more refund information.
INTRO TO BALLPOINT PEN
(Ages 9 & Up) Learn techniques such as hatching, stippling, scribbling and tonality. You will create realistic food themed drawings from start to finish. Learn how to start a drawing and the correct way to go from light to dark and everything in between. SUPPLIES: Purchase $25 supply kit from instructor at first class.

WIZ-801-RV4  Elizabeth Coleman  $98  
9/14-11/2  W  7:00-8:00 pm 8 Sessions  
RVC Classroom Bldg. II  Room 120

MULTICOLORED BALLPOINT PEN
(Ages 9 & Up) All about drawing with multiple colors of ball point colored pens. Techniques and tricks that will make your drawings feel real. How to color your drawing without muddying the colors together by understanding ways to test colors. This class will touch on the basics of the color wheel. SUPPLIES: Purchase $25 supply kit from instructor at first class.

WIZ-801-RV3  Elizabeth Coleman  $98  
9/14-11/2  W  5:30-6:30 pm 8 Sessions  
RVC Classroom Bldg. II  Room 120

EMBROIDERY WITH DEB
(Ages 12-Adult) Grasp the skills to hand embroider and make your own patterns. SUPPLIES: Bring a stamped embroidery kit. (Keep it simple, such as a pillow case or a small-medium wall hanging. Embroidery, floss (if not already included in kit), big eye embroidery, needle, embroidery scissors, 6”-8” embroidery hoop, used dryer sheet (flattened), plain coloring book page (not, colored in) solid fabric large enough to fit, snugly into hoop.

CAH-806-BLL4  Deb Funck  $118  
9/17/10-22  Sa Noon-3:00 pm 6 Sessions  
Bell School Rd. Ctr. 3350 Bell School Rd.  Room 004

CERAMICS WHEEL THROWING
(Ages 12-Adult) Open to all those interested in working with clay that have no previous experience, and those that will like studio time and instruction to improve and build on existing skills. Instruction will include step-by-step projects for beginners, and assistance with independent projects for intermediate students. Choose a focus on hand building or wheel throwing. NO CLASS 9/28.

ART-809-RV  Stacey McDonald  $255  
9/14-11/9  W  6:00-9:00 pm 8 Sessions  
RVC Classroom Bldg. I  Room 0210

SEWING
Become able to sew simple garments, read and follow a pattern guide. Easy ways to hem, put in zippers, sleeves and much more. 1st class: we’ll travel to local fabric store to purchase supplies. BRING: your sewing machine.

(Ages 8-Adult)  
CAH-806-BLL  Mary Foreman  $172  
9/17/11-19  Sa  9:00-11:30 am 10 Sessions  
Bell School Rd. Ctr. 3350 Bell School Rd.  Room 004

WATERCOLOR FALL THEMES
(Ages 12-Adult) Enjoy using Asian techniques and fall colors. Our Fall themes will be painting and calligraphy for: kapok flowers with birds, yellow birds on a fall tree, tiger with bamboo, gold fish with sea grass, pumpkins and gourds, and a grand canyon landscape. SUPPLIES: Purchase $25 supply kit from instructor at class.

ART-809-BLL5  Stella Dobbins  $75  
11/5  Sa  9:00 am-5:00 pm 1 Session  
Bell School Rd. Ctr. 3350 Bell School Rd.  Room 004

NEED TO CANCEL? Just let us know 7 days prior to 1st class. Call (815) 921-3900 or email RVC-CCE@RockValleyCollege.edu
DANCE & MUSIC

STEPPIN’ FREE DEMO
(Ages 10-Adult) Join us for a preview of our exciting Basics of Steppin’ class! Start with a bit of a demonstration, and end with doing a little steppin’ of your own!

DNC-800-FREE Shu-Tehu Maati Ra FREE
9/13 T 6:00-7:00 pm 1 Session
RVC Physical Education Ctr.

BASICS OF STEPPIN’
(Ages 10-Adult) An urban dance that originated in Chicago and continues to evolve. This is a progressive style of dance that can be enjoyed by anyone at any age. Don’t wait! Join us now! NO CLASS 11/8.

DNC-800-RV4 Shu-Tehu Maati Ra $179
9/20-12/13 T 6:00-8:00 pm 12 Sessions
RVC Physical Education Ctr.

PIANO WITH INGER LANGSHOLT

• Classes are in RVC Classroom Bldg. ll, Room G22
• Saturday classes do not meet 10/15, 11/12, 11/26, and 12/3.
• Choose appropriate level.
• Register at RockValleyCollege.edu/CEOnline and attend first class OR register and pay (check only please) at first class.
• Dates/times subject to change at instructor’s discretion.
• MUST HAVE: Piano or keyboard with standard size keys (needed for home assignments).

PREPARATORY PIANO I
(Ages 5-7) A gentle beginning for our younger students!
WIZ-815-RV3 $115
9/17-12/10 Sa 9:15-10:15 am 9 Sessions

PREPARATORY PIANO II, III
(Ages 5-7) Continuing preparatory for our younger students!
WIZ-815-RV4 $115
9/17-12/10 Sa 10:30-11:30 am 9 Sessions

ELEMENTARY PIANO I
(Ages 8-11) Learning to read music.
WIZ-815-RV5 $115
9/17-12/10 Sa Noon-1:00 pm 9 Sessions
WIZ-815-RV2 $149
9/19-12/12 M 4:45-5:45 pm 13 Sessions

ELEMENTARY PIANO II, III
(Ages 9-11) For the more experienced players who understand the “moving C”. NOT for beginners.
WIZ-815-RV6 $115
9/17-12/10 Sa 1:15-2:15 pm 9 Sessions

ELEMENTARY PIANO III, IV
(Ages 9-11) For the more experienced players who understand the “moving C”. NOT for beginners.
WIZ-815-RV $149
9/19-12/12 M 3:30-4:30 pm 13 Sessions

TEENS CONTINUING PIANO
(Older Children-Teens) Intermediate piano. NOT for beginners; must have several years of study.
MUS-800-RV10 $115
9/17-12/12 Sa 2:30-3:30 pm 9 Sessions

MATH

EZ MATH
(Ages 11-17) Reinforces main concepts from 8th grade mathematics including: analyze proportional relationships and solving real world/mathematical problems; apply and extend previous understanding of fractions to add, subtract, multiply and divide rational numbers; use properties of operations to generate equivalent expressions; use numerical and algebraic expressions and equations; draw, construct, and describe geometrical figures and relationships between them; applications in angle measure, area, surface area, and volume; random sampling to draw inferences about a population; investigate chance processes and develop, use, and evaluate statistics and probability models. Homework assignments and final test will be part of this course. BRING: Pencils, erasers, red pen, calculator, geometry set, graph paper, ruler and notebook. PREREQUISITE: 7th grade math or instructor permission. PURCHASE: Text at RVC Bookstore. NO CLASS 11/26, 12/3.

COL-800-RV Bilal Khairi $275
9/17-12/17 Sa 10:00 am-Noon 12 Sessions
RVC Jacobs Ctr. for Science & Math Room 0216
We’ll design, build and test various projects using everyday items, repurposed materials, motors and interlocking blocks!

All ages are welcome, but younger students are encouraged to be escorted by a parent/adult as some projects may be more difficult to navigate alone.

STEM SATURDAYS: LEGO

Who hasn’t heard of LEGO? Most all of us have played with kits at some point in our lives but how many have thought of ways to use these versatile blocks to make games and useful everyday items? During this class students will design and build their own mini golf round, their own marble run game, and a working night light.

WIZ-820-SEP  Laura Constant  FREE
9/17  Sa  9:00-11:30 am  1 Session
RVC Jacobs Ctr. for Science & Math  Room 1100

STEM SATURDAYS: ENGINEERING

It is amazing how many basic household items can be constructed into new and exciting creations. During this class students will explore the fascinating world of engineering using items they can find at home. Projects include a turning Ferris wheel, running gears with pool noodles, and a hydraulic opening box.

WIZ-820-OCT  Laura Constant  FREE
10/15  Sa  9:00-11:30 am  1 Session
RVC Jacobs Ctr. for Science & Math  Room 1100

STEM SATURDAYS: HARRY POTTER

The worldwide sensation comes to STEM Saturdays with a magically scientific twist. During the class students will learn how to wire circuits on a light up wand, learn how motors work with a self-stirring cauldron, and understand how flight works with enchanted flying keys.

WIZ-820-NOV  Laura Constant  FREE
11/12  Sa  9:00-11:30 am  1 Session
RVC Jacobs Ctr. for Science & Math  Room 1100

STEM SATURDAYS: ELECTRONICS

From the moment we wake until we go to sleep at night we use electricity. This class will explore different types of circuits and the scientific principles behind how they work. Items built using LEDs, batteries, wires, soldering, and more!

WIZ-820-DEC  Laura Constant  FREE
12/10  Sa  9:00-11:30 am  1 Session
RVC Jacobs Ctr. for Science & Math  Room 1100

Strictly limited seating! Register early!

STEM Saturday program funding provided by the Kjellstrom Family Foundation
Thank you for your generosity!
Continuing Education offers courses and programs to help you upgrade your skills with non-degree credit, national certification and courses in business, skilled trades, healthcare, and technology areas.

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CPR .................................................................30
Emergency Training .................................................30
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Healthcare .............................................................32-33
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BUSINESS

INTRO TO VOICE OVERS: 1-ON-1
This is a live video chat class! (Adults 18+) Explore the craft of voiceovers! Discover current trends, opportunities, and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class! Learn more: http://www.voicesforall.com/ooo Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience. Requirements: Students must have internet access and video chatting capabilities using a method such as Zoom, Skype (Win/Mac/Mobile) or iChat/FaceTime (Mac/iOS). Note: Date listed is deadline for enrolling only; class will be scheduled based on students’ availability and preferred day and time.

BCO-004-INT Voices For All LLC $59

EFFECTIVE BUSINESS WRITING $115
If you’re a clerical worker, an engineer, or an executive and if you communicate with others in writing, you need this course. By the end of this course, you’ll know the secret to developing powerful written documents that immediately draw readers in and keep them motivated to continue until your very last, well-chosen word.

MANAGING REMOTE TEAMS $115
Remote team management isn’t new, but it has become far more common and extensive than it used to be. So, whether you have gone from managing the occasional “telecommuter” to managing a fully remote team or have been managing a remote team and would like to explore new strategies and best practices for this unique form of management—this course is for you.

ADMINISTRATIVE ASSISTANT FUNDAMENTALS $115
Rapid growth in different industries have created many new job opportunities for administrative assistants. This course will help you discover and master the essentials of managerial and staff support, information and records management, communications technology, travel and meeting coordination, space planning, and office ergonomics. You will identify opportunities and implement solutions to turn your office into a high productivity machine.

ACHIEVING TOP SEARCH ENGINE POSITIONS $115
If you want to increase website traffic, you must understand how to improve your search engine ranking. This course will give you the knowledge you need to boost website visibility with proven, step-by-step SEO strategies you can implement immediately.

HOW TO OWN & OPERATE YOUR OWN BUSINESS
(1.5 Credits) A complete overview on how to operate a successful business. This class covers writing a business plan, marketing, planning, advertising, legal requirements, financing, record keeping and other necessities of small businesses. Also covered are the pitfalls of operating a business, and things you do right the first time. Students are required to complete a simulated business plan, and make a presentation on the last night of class. Purchase: Text at RVC Bookstore.

BUS-007-RV Joyce Higgins $229
9/12-12/5 M 6:30-8:45 pm 13 Sessions
RVC Woodward Technology Ctr. Room 2614

HUMAN RESOURCE MANAGEMENT SUITE
$299
These courses will prepare both managers and business owners to handle basic human resource functions in a way that will ensure the best possible result. You will learn tactics to build successful employment brand, the importance of a strong onboarding program and the effect it can have on employee retention. We will also discuss how continuous learning and targeted feedback can help engage employees, how to make your company a high-performance organization, the benefits such as profits, and survival as well as being an employer of choice.

PROJECT MANAGEMENT SUITE
$299
More projects are being initiated today than ever before, and organizations need qualified projects managers to see them to completion on time and within budget constraints. Master the critical skills for planning implementing, controlling, and closing any project. Then learn how to retool your skillset with a breakthrough model for meeting accelerated schedules with limited staff and low budgets. By the end of this series, you will have the important project management skills you need to become an indispensable part of any team.

ACCOUNTING FUNDAMENTALS
$115
(Virtual) Cover all the bases, from writing checks to preparing an income statement and closing out accounts at the end of each fiscal period. Whether you’re a sole proprietor looking to manage your business finances or you simply want to gain an understanding of accounting basics for career advancement or for personal use, this course will give you a solid foundation in financial matters.

ACCOUNTING FUNDAMENTALS II
$115
(Virtual) Explore such topics as special journals, uncollectable accounts receivable, plant assets, depreciation, notes and interest, accrued revenue and expenses, dividends, retained earnings, and various financial reports for corporations.
INTRODUCTION TO QUICKBOOKS 2019 $129
(Virtual) This course provides hands-on experience in QuickBooks 2019 as you set up a chart of accounts; reconcile your bank accounts; create and print invoices, receipts, and statements; track payables, inventory, and receivables; create estimates; and generate reports.

BUSINESS BUDGETING FOR BEGINNERS $115
(Virtual) Learn the elementary skills needed to be successful in the budgeting process and work gradually work your way up to creating a budget. You will also discover how to best evaluate the results of your budget and make decisions to help your business maximize its profits.

FUNDAMENTALS OF SUPERVISION & MANAGEMENT $115
(Virtual) This course provides skills in managing time, delegating responsibility, motivating your employees, solving problems and resolving conflicts so you can accomplish your job more effectively.

CUSTOMER SERVICE FUNDAMENTALS $115
(Virtual) This course provides skills in managing time, delegating responsibility, motivating your employees, solving problems and resolving conflicts so you can accomplish your job more effectively.

Register at ED2GO.com/RVC
— 2 VIRTUAL OPTIONS TO CHOOSE FROM!—

INSTRUCTOR-LED COURSES: Study and interface with a cohort over a 6-week schedule. Includes twice-weekly lesson plans.

SELF-PACED TUTORIALS: Provide access to all lessons immediately for 3 months – available anytime!

COMPUTER TRAINING
All Computer Training Classes are in RVC Woodward Technology Ctr., Room 2614

START HERE!

NEW! INTRO TO COMPUTERS
(.5 Credits) This class is designed for the new user, or those with little or no experience, interested in learning how to use computers. The class provides individuals with the skills and confidence to continue learning more computer skills. You will learn computer terms and fundamentals, what is a computer, the Desktop, mouse and keyboard skills, files, folders, browsing the computer content. Windows, applications included with Windows, software, memory, and how to use, hard drive, and other storage are included. Become familiar with internet navigation, internet search tools, e-mail and much, much more. BRING: Flash drive. Lesson book provided.

DPR-019-RV  Charles Corley $115
9/13-9/15 TTWh 5:00-8:20 pm 3 Sessions

MICROSOFT OFFICE OVERVIEW
Microsoft Office 2019 is a fun, easy way to learn how to use Office 2019 and Windows. This class provides a basic understanding of the following software applications, typically required for both home and business, Windows, Word, Excel, Access, and PowerPoint. We will create folders in Windows to save your projects created in Microsoft Office and give you plenty of illustrations as well as hands-on projects and exercises. BRING: Flash drive. Handouts will be provided.

DPR-060-RV  Gail Lee $129
9/12-9/21 MW 8:30-11:30 am 4 Sessions

BASIC COMPUTER SKILLS
(1 Credit) Improve your Office 2019 skills! Most jobs require a working knowledge of the Microsoft Office skills. This course is a great way to improve those skills by introducing you to the Windows 10 operating system and the Office 16 application suite including Excel, Word, PowerPoint and Access. We’ve designed the course to provide essential skills you need in the competitive and fast-paces workplace and cover the needed features of the four most-used Office 2019 suite. BRING: Flash drive. Lesson book provided.

DPR-045-RV  Charles Corley $169
9/20-9/29 TTh 5:00-9:00 pm 4 Sessions
### 6 SESSION COURSES

**GETTING STARTED WITH EXCEL 2019**

(.5 credit) Get started with the full, complete Comprehensive Excel course. This is the first of three Comprehensive Levels to provide some of the most needed Excel 2019 skills in any job. You will learn saving and workbook retrieval techniques, shortcuts and tricks for setting up worksheets quickly and professionally. You’ll also learn the secrets behind charts, chart data, formulas and discover how to use the function wizard, auto-features, 3-D editing, cell reference options, apply border and fills to cells; and edit entries and much more. **RECOMMENDED:** A familiarity with the mouse and keyboard plus Basic Computer Skills class. **PURCHASE:** Text at RVC Bookstore. **BRING:** Flash drive.

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<tr>
<th>Course Code</th>
<th>Instructor</th>
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<th>Times</th>
<th>Sessions</th>
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<tr>
<td>DPR-024-RV</td>
<td>Charles Corley</td>
<td>$129</td>
<td>10/4-10/20</td>
<td>TTh 5:00-7:00 pm</td>
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**EXCEL 2019: INTERMEDIATE**

(.5 credits) Intermediate Level Continuation of the full, complete, Comprehensive Excel class. Learn the next level skill including working with Excel templates, formatting contents, creating tables and function, outlines, using filters and inserting graphics and illustrations, themes, number formats, date and time calculations, conditional formats, extracting text, troubleshooting formulas, combining your data, changing case and more. **RECOMMENDED:** Excel 2019 Comprehensive Starting course or equivalent experience. **PURCHASE:** Text at RVC Bookstore. (Same textbook as Comprehensive Starting course.) **BRING:** Flash drive. **NO CLASS 11/8.**

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<tr>
<th>Course Code</th>
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<th>Fee</th>
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<th>Times</th>
<th>Sessions</th>
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<tr>
<td>DPR-027-RV</td>
<td>Charles Corley</td>
<td>$129</td>
<td>10/25-11/15</td>
<td>TTh 5:00-7:00 pm</td>
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</table>
EXCEL 2019: ADVANCED

(.5 credits) Complete the full, Advanced, Comprehensive Excel 2019 series which will cover tracking edits and changes to documents, sending files, compatibility issues, restrict editing and locking documents, digital signatures, properties, integrating Excel with other programs, using lookup functions, building links between files, creating hyperlinks, automating frequently-repeated tasks with macros and buttons, and more. This course is a continuation of Intermediate Excel. RECOMMENDED: Excel 2019 Comprehensive: Intermediate Level course or equivalent experience. PURCHASE: Text at RVC Bookstore. (Same textbook as Comprehensive Starting and Intermediate Course. BRING: Flash drive. NO CLASS 11/24.

DPR-037-RV  Charles Corley  $129
11/17-12/8  TTh  5:00-7:00 pm  6 Sessions

GETTING STARTED WITH WORD 2019

(.5 credit) Get started with the full, complete Comprehensive Word course. This is the first of three Levels to provide some of the most needed Microsoft Word 2106 skills in any job such as writing business letters, reports, resumés, brochures, smart-art, and commands using multiple columns, keyboard shortcuts, tables, splitting and merging cells and more. You’ll also learn the most often skills to save, retrieve, copy, organize, create folders and print documents. RECOMMENDED: Basic Computer Skills class or experience plus mouse and keyboard skills. PURCHASE: Word 2019 Comprehensive text at RVC Bookstore. BRING: Flash drive.

DPR-023-RV  Charles Corley  $129
10/4-10/20  TTh  7:15-9:15 pm  6 Sessions

WORD 2019: INTERMEDIATE

(.5 credits) Intermediate Level continuation of the full, complete, Comprehensive Word class. Learn the next level skill including mail merge, data sources, special effects, managing and editing objects, text wrap, styles, bulleted lists, document themes, indexes, end notes, footnotes, watermarks, plus more. This course is a continuation of Starting WORD course. RECOMMENDED: Comprehensive Starting Course (above) or equivalent experience. PURCHASE: Word 2019 Comprehensive text at RVC Bookstore. BRING: Flash drive. NO CLASS 11/8.

DPR-006-RV  Charles Corley  $129
10/25-11/15  TTh  7:15-9:15 pm  6 Sessions

WORD 2019: ADVANCED

(.5 credits) Complete the full, advanced, Comprehensive Word 2019 series which will cover tracking edits and changes to documents, sending files, compatibility issues, restrict editing and locking documents, digital signatures, properties and custom properties, macro recording, assign macros to toolbar and custom keyboard shortcut keys. This course is a continuation of Intermediate WORD. RECOMMENDED: Comprehensive Intermediate Course (above) or equivalent experience. PURCHASE: Word 2019 Comprehensive text at RVC Bookstore. BRING: Flash drive. NO CLASS 11/24.

DPR-036-RV  Charles Corley  $129
11/17-12/8  TTh  7:15-9:15 pm  6 Sessions

NEW! WEB DESIGN

HTML ESSENTIALS

This course covers basics HTML code language. You will learn building simple web pages by hand coding, using HTML tags to create paragraphs, heading, lists, links, insert images, and more. We also cover creating a simple multi-page website with images, text, and a navigation bar. Book will be a handout. BRING: Flash drive. NO CLASS 10/22.

WEB-064-RV  Gail Lee  $129
10/8-10/29  Sa  8:30-11:30 am  3 Sessions

CSS ESSENTIALS

This introductory course, you will learn how to style your html web pages using Cascading Style Sheets, CSS, coding language. Topics include using inline, internal, and external CSS, web typography, formatting text, working with web colors, using Google fonts, working with id and class selectors, working with elements, creating page layouts using elements and more. Book will be a handout. PREREQUISITE: HTML Fundamentals Course. BRING: Flash drive.

WEB-068-RV  Gail Lee  $129
11/5-11/19  Sa  8:30-11:30 am  3 Sessions

ACHIEVING TOP SEARCH ENGINE POSITIONS

$115

If you want to increase website traffic, you must understand how to improve your search engine ranking. This course will give you the knowledge you need to boost website visibility with proven, step-by-step SEO strategies you can implement immediately.

Register at ED2GO.com/RVC

— 2 VIRTUAL OPTIONS!—

INSTRUCTOR-LED COURSES & SELF-PACED TUTORIALS
BASIC LIFE SUPPORT
For those in the medical field: medical students, doctors, CNAs, nurses, physical trainers, dentists, dental assistants, dental hygienists, coaches, etc.

<table>
<thead>
<tr>
<th>Course</th>
<th>Instructor</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Session</th>
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<tbody>
<tr>
<td>HLT-001-RV</td>
<td>Debb Webb</td>
<td>10/13</td>
<td>5:00-9:00 pm</td>
<td>$100</td>
<td>1 Session</td>
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<tr>
<td>HLT-001-RV2</td>
<td>Debb Webb</td>
<td>11/12</td>
<td>10:00 am-2:00 pm</td>
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<td>1 Session</td>
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<tr>
<td>HLT-001-RV3</td>
<td>Debb Webb</td>
<td>12/3</td>
<td>10:00 am-2:00 pm</td>
<td>$100</td>
<td>1 Session</td>
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</table>

BASIC LIFE SUPPORT REFRESHER
Refresher on choking, CPR/AED for adults, children and infants. For those in the medical field: medical students, doctors, CNAs, nurses, physical trainers, dentists, dental assistants, dental hygienists, coaches, etc. PURCHASE: $20 textbook at class.

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<tr>
<th>Course</th>
<th>Instructor</th>
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<th>Time</th>
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<td>HLT-008-RV3</td>
<td>Debb Webb</td>
<td>12/3</td>
<td>10:00 am-1:00 pm</td>
<td>$95</td>
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</table>

HEARTSAVER PEDIATRIC FIRST AID
For child care workers and parents. Covers basic first aid, choking, CPR/AED for infants, children and adults.

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<th>Course</th>
<th>Instructor</th>
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<td>HLT-003-RV2</td>
<td>Debb Webb</td>
<td>12/10</td>
<td>10:00 am-3:00 pm</td>
<td>$150</td>
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</table>

EMERGENCY MEDICAL TECHNICIAN (EMT-B)
(9 Credits) This course trains police, fire, first responders, rescue personnel and persons interested in the techniques of basic emergency medical care. The curriculum is approved by the Illinois Department of Public Health and the U.S. Department of Transportation. The EMT course is an extensive course of approximately 184+ hours combining classroom training, reading, computer based and online learning, significant study time, practical labs and skills that include all areas of patient assessment (medical, cardiac, pediatric and trauma), airway management, splinting, clinical and field experience and appropriate interventions. AFTER SUCCESSFUL COMPLETION: The candidate will qualify to challenge the national registry exam and certification in Illinois. PREREQUISITES: 20/20 vision with correction. Hear normally with correction. Sound physique, not possessing any infirmity of body or mind, which might render you unfit to perform duties. Must be 18 years of age and have a high school diploma or GED by the NREMT test date. ALSO NEEDED: Proof of current immunizations and insurance, and a background check (Form given at first class; can be completed at Accurate Biometrics). PURCHASE: Text with computer access code at Rock Valley College Bookstore. NO CLASS 1/16, 3/13, 3/14, 3/16, 4/6.

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<tr>
<th>Course</th>
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<tr>
<td>FRE-038-RV</td>
<td>Debbie Niedermeier</td>
<td>1/9/23-5/4/23</td>
<td>MTTh Noon-4:00 pm</td>
<td>$1,389</td>
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<td>Room 1104</td>
<td>88 Sessions</td>
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<tr>
<td>FRE-038-RV2</td>
<td>Debbie Niedermeier</td>
<td>1/9/23-5/4/23</td>
<td>MTTh 6:00-10:00 pm</td>
<td>$1,389</td>
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<td></td>
<td></td>
<td></td>
<td>Room 1104</td>
<td>88 Sessions</td>
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FOOD SERVICE

All Food Service classes are in RVC Classroom Bldg. II, Room 120

SERVSAFE FOOD SAFETY MANAGER

The Illinois Department of Public Health requires all food service operations that prepare and serve food to have a certified food service manager on the premises at all times when food is being handled. To receive the Food Service Sanitation Manager Certification (FSSMC), an employee must take an approved 8-hour training course and take the exam which immediately follows the course. A passing grade is 75% or higher. The certification is valid for 5 years, after which re-certification is required. Required Attendance: Mandatory attendance is required. You must arrive promptly by 8:00 am. INCLUDED: Book. BRING: Photo ID.

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<th>Course Code</th>
<th>Course Title</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Type</th>
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<tbody>
<tr>
<td>HSP-054-RV</td>
<td>Safe Chefs</td>
<td>9/15</td>
<td>Th 8:00 am-5:00 pm</td>
<td>$189</td>
<td>1 Session</td>
</tr>
<tr>
<td>HSP-054-RV2</td>
<td>Safe Chefs</td>
<td>10/13</td>
<td>Th 8:00 am-5:00 pm</td>
<td>$189</td>
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<tr>
<td>HSP-054-RV3</td>
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<tr>
<td>HSP-054-RV4</td>
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<td>T 8:00 am-5:00 pm</td>
<td>$189</td>
<td>1 Session</td>
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FOOD SAFETY MANAGER RETAKE

IF YOU ARE RETAKING THE EXAM: You must notify the Continuing Education Office at (815) 921-3900 before class. REGISTER and PAY online. BRING: Photo ID. Attend only one of the dates below.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Type</th>
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<tbody>
<tr>
<td>HSP-054-RETAKE</td>
<td>Safe Chefs</td>
<td>9/15, 10/13, 11/17, 12/13</td>
<td>TTh 2:00-5:00 pm</td>
<td>$70</td>
<td>1 Session</td>
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FOOD HANDLER CERTIFICATION

A food handler is defined by law as a person who works in a food facility and performs any duties that involve the preparation, storage or service of food in a food facility. This includes most restaurant jobs, including servers, bartenders, dishwashers, hosts and hostesses who handle food. The ServSafe Food Handler course covers basic food safety, personal hygiene, cross-contamination and allergens, time and temperature, and cleaning and sanitation. This certificate is good for 3 years. The 40-question exam is taken at the completion of the class and will take approximately 1 hour. REQUIRED ATTENDANCE: Mandatory attendance is required. You must arrive promptly by 8:00 am. INCLUDED: Book. BRING: Photo ID.

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<td>HSP-055-RV</td>
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<td>HSP-055-RV3</td>
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<td>11/21</td>
<td>M 8:00-10:30 am</td>
<td>$59</td>
<td>1 Session</td>
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<tr>
<td>HSP-055-RV4</td>
<td>Safe Chefs</td>
<td>12/15</td>
<td>Th 8:00-10:30 am</td>
<td>$59</td>
<td>1 Session</td>
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BASSET ALCOHOL TRAINING

Tap Series’ BASSET Alcohol Training online course is approved by the State of Illinois’ Liquor Control Commission. The interactive online course provides the necessary tools and skills for the safe and legal service of alcoholic beverages and is the quickest and most enjoyable way to earn your BASSET certificate.

COOKING BASICS

Cooking Basics’ nineteen lessons cover a wide range of instruction including kitchen equipment and tools, portion control procedures, basic cuts of meat, dry and moist heat cooking methods, slicing, dicing, chopping, plate presentation, seasoning, poultry, seafood, development of consistent recipes, waste management, workplace safety and more.

SEXUAL HARASSMENT TRAINING

TAP Series’ Illinois Employee Sexual Harassment Training teaches important sexual harassment laws, the legal definitions of harassment, and how to recognize and report sexual harassment. The student confirms his or her understanding of inappropriate workplace behavior and sexual harassment through numerous interactive activities.

ONLINE HOSPITALITY TRAINING

CHOKE SAVING PROCEDURES TRAINING

The TAP Approved Manual Choke Saving Procedures, which includes the Heimlich Maneuver and Sequence of Obstructed Airway Maneuvers, is available for all food service establishments with 25 twenty-five seats or more on premises when food is being served.

MANDATORY REPORTER TRAINING

Nothing is more important than the protection of children. Illinois law defines over 50 different professionals who have a responsibility by Illinois law to report suspected child abuse.

EARN MORE WITH SERVICE

Service is the number one reason customers recommend a restaurant. This program teaches how to better “Interact” with food service staff and customers by observing, experiencing and interacting with methods to provide great customer service.

RockValleyCollege.edu/Community/CCE/ContinuingEd/CulinaryHospitalityTraining.cfm
**HEALTHCARE**

---

**RECERTIFICATION FOR CNA’s**

(.5 Credit) If you have not been employed as a CNA for a continuous 24 months, then you may be eligible to recertify. ELIGIBILITY TO RECERTIFY: PRIOR to registering for class these steps MUST be followed: (This is a Southern Illinois University website and the class is through Rock Valley College.)

1. Complete form online at nurseaidetesting.com/recertification-online-form/
2. AFTER completing online form call 877-262-9259 and provide name and Social Security number. Upon completion of a search of the Registry by SIU to verify your eligibility to recertify, you will receive an email from SIU containing a letter, a performance skills book, the manual skills form and instructional page on how to use the online registration program.
3. Register for recertification class with Rock Valley College Continuing Education Office.

COURSE CODE: NRS 031

Email a copy of your recertification letter from SIU to Yvonne Busker at Y.Busker@RockValleyCollege.edu If Yvonne does not have a copy of your letter, prior to class, you will be dropped from the class.

IDPH requires participants to have a valid fingerprint criminal background check prior to taking this class, referred to as a FEE APP. For verification of FEE APP, please call, (815) 921-3905, Continuing Education Manager.

You may NOT register to test until after completing the recertification class (additional fee of $75). Test information will be provided in class. No refunds 7 days prior to class start date.

**MEDICAL ADMINISTRATIVE ASSISTANT**

(4.5 Credits) This 70 hour course prepares students to function effectively in many of the administrative and clerical positions. This program covers important entry-level background information on anatomy and physiology, medical terminology, insurance billing and coding, medical ethics, customer service and legal aspects. This program is intended to provide students with a well-rounded introduction to medical administration so that a student can gain the necessary skills required to either obtain or advance to a healthcare administration position.

**NOTE:** This program will prepare you to meet the requirements of the National Healthcare Association’s (NHA) Certified Medical Administrative Assistant (CMAA) national certification exam. The CMAA exam will be given following the completion of this course for an additional charge. All materials are included in the course cost.

**PHLEBOTOMY SKILLS REFRESHER**

(8 P.A.C.E. Credits Offered) Participants will not qualify for ASCP certification. Refresher for currently licensed healthcare workers.

- Nurse: RN, LPN, PRN
- Nurse Practitioner
- EMT and Paramedic
- Respiratory Therapist
- Dentist
- Physician
- Physician Assistant
- MLS and MLT

Teach the 14 Venipuncture steps including patient post care. Phlebotomy skill refresher class is for the currently licensed healthcare workers that would like to review and better understand, the standards of proper venipuncture practices, that are defined by Clinical and Laboratory Standards Institute (CLSI); the phlebotomy standards development organization.

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RockValleyCollege.edu/Community/CCE/ContinuingEd/CNA-Recertification.cfm
### EKG Technician Certification

(3 Credits) This comprehensive 50 hour EKG Technician Certification Program prepares students to function as EKG Technicians and to take the ASPT Electrocardiograph (EKG) Technician exam and other National Certification Exams. Course will include important practice and background information on anatomy and physiology of the heart, medical disease processes, medical terminology, medical ethics, legal aspects of patient contact, electrocardiography and stress testing. Students will practice with EKG equipment and perform hands-on labs. Introduction to the function and proper use of the EKG machine, the normal anatomy of the chest wall for proper lead placement, 12-lead placement and other clinical practices. **NOTE:** The ASPT Electrocardiograph Technician exam will be given following the completion of this course for an additional charge. All materials and student insurance are included in the course cost. **No refunds 7 days prior to class start date.**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Start Date</th>
<th>Time</th>
<th>Duration</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>HLT-044-RV</td>
<td>CCI Staff</td>
<td>10/3-11/21</td>
<td>MW 6:00-9:30 pm</td>
<td>15 Sessions</td>
<td>Room 2104</td>
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**RVC Health Sciences Ctr.**

### Pharmacy Tech Certification

(3 Credits) This comprehensive 50 hour program will prepare students to work as a pharmacy technician and to take the Pharmacy Technician Certification Board’s PTCB exam. Course content includes: pharmacy medical terminology; the history of pharmacy; the pharmacy practice in multiple environments; pharmacy calculations and measurements; reading and interpreting prescriptions; and defining drugs by generic and brand names. Students will review dosage calculations, drug classifications, the “top 200 drugs”, I.V. flow rates, sterile compounding, dose conversions, aseptic technique, the handling of sterile products, total parental nutrition (TPN), dispensing of prescriptions, inventory control and billing and reimbursement. In addition to classroom lecture and labs, this program includes a clinical externship through a local pharmacy. To be eligible for the clinical externship, students must successfully complete the 50 hour program, submit to a thorough background check, drug screening and meet other requirements. All materials are included in the course cost. **No refunds 7 days prior to class start date.**

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<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Start Date</th>
<th>Time</th>
<th>Duration</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>HLT-056-RV</td>
<td>CCI Staff</td>
<td>10/3-11/21</td>
<td>MW 6:00-9:30 pm</td>
<td>15 Sessions</td>
<td>Room 1212</td>
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**RVC Health Sciences Ctr.**

### Home Repair

**All Home Repair classes are at the Bell School Road Center, 3350 Bell School Road, Room 001**

#### Walls-Drywall Repair & Paint

Drywall topics will include repair of popped nails, cracks, dents, gashes, small and large holes, and water damaged areas. Painting and finishing of damaged areas will also be discussed.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Start Date</th>
<th>Time</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>HOM-001-RV</td>
<td>Robert Mirgain</td>
<td>9/17</td>
<td>Sa 9:00 am-Noon</td>
<td>1 Session</td>
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#### Home Electrical Repair

Electrical projects will include rewiring and replacing the lamp socket of an old table lamp, changing switches or outlets, proper use of extension cords, electricity and safety.

<table>
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<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Start Date</th>
<th>Time</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOM-015-RV</td>
<td>Robert Mirgain</td>
<td>9/24</td>
<td>Sa 9:00 am-Noon</td>
<td>1 Session</td>
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#### Home Plumbing Repair

Plumbing topics include how home plumbing works as a first step towards doing routine maintenance. Projects will include fixing leaky sink faucets, installing new lavatory or kitchen faucets, cleaning and adjusting popup sink drain, removing and cleaning a sink drain trap, and addressing common toilet problems.

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<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Start Date</th>
<th>Time</th>
<th>Duration</th>
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<tbody>
<tr>
<td>HOM-020-RV</td>
<td>Robert Mirgain</td>
<td>10/1</td>
<td>Sa 9:00 am-Noon</td>
<td>1 Session</td>
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### Need to Cancel?

Just let us know 7 days prior to 1st class. Call (815) 921-3900 or email RVC-CCE@RockValleyCollege.edu
## LANGUAGE

### SPANISH FOR BEGINNERS

Learn how to form fundamental grammatical and communicative structures in Spanish, such as greetings, talking about yourself, opinion, conjugating verbs in the present tense, among other skills. You will have a general basic ability to communicate in everyday situations. You’ll be able to convey simple messages in social and travel contexts. **NO CLASS 11/8.**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Location</th>
<th>Time</th>
<th>Payment</th>
<th>Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>FOR-031-RV</td>
<td>Mercedes Donday</td>
<td>RVC Classroom Bldg. II</td>
<td>9/13-11/22</td>
<td>$165</td>
<td>10 Sessions</td>
</tr>
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<td></td>
<td></td>
<td>T 6:00-8:00 pm</td>
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<td>Room 120</td>
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</table>

### SPANISH FOR BEGINNERS: PART II

Improve your level of grammar and vocabulary and express yourself functionally in various communicative contexts in the present, the future and the past. You will be able to communicate in short conversations about everyday topics and understand short and simple texts.

<table>
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<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Location</th>
<th>Time</th>
<th>Payment</th>
<th>Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>FOR-031-RV2</td>
<td>Mercedes Donday</td>
<td>RVC Classroom Bldg. II</td>
<td>9/12-11/14</td>
<td>$165</td>
<td>10 Sessions</td>
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<td>M 6:00-8:00 pm</td>
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<td>Room 120</td>
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## LEGAL

### DIGITAL COURT REPORTING WITH LEGAL TRANSCRIPTION $1,595

(Virtual) Court reporting is one of the fastest-growing career areas in the legal system. This 100% online course will prepare you to enter the court reporting field as a digital court reporter and a legal transcriber. You will be fully prepared to pass the Certified Electronic Reporter (CER) and Certified Electronic Transcriber (CET) exams offered by the American Association of Electronic Reporters and Transcribers (AAERT). The AAERT’s nationally recognized certifications are leading credentials required by various court systems and agencies.

**NOTE:** If taking the course to prepare for the exam, please research the locations you are interested in working to determine whether they use digital reporting methods. Then ask if they recognize AAERT certification.


### DIGITAL COURT REPORTER $795

This digital court reporting program prepares students to enter the high-demand field of court reporting. Currently, the industry is experiencing a severe shortage of court reporters with a need for an additional 10,000 nationwide. This well-established shortage presents a substantial opportunity for those seeking a rewarding career with a secure future. Digital reporters can work in the freelance market for a court reporting agency or work as a full-time government employee at a courthouse.

This course thoroughly prepares you for AAERT’s (American Association of Electronic Reporters and Transcribers) national certification, CER (Certified Electronic Reporter) exam. The AAERT certification is the leading certification for courts and businesses throughout the United States and is required by various court systems and agencies for employment.

**NOTE:** If taking the course to prepare for the exam, please research the locations you are interested in working to determine whether they use digital reporting methods. Then ask if they recognize AAERT certification.

[CareerTraining.ed2go.com/RVC/Training-Programs/Digital-Court-Reporter](http://CareerTraining.ed2go.com/RVC/Training-Programs/Digital-Court-Reporter)
MASSAGE THERAPY

FALL MASSAGE TRAINING PROGRAM 2022

Trade school is where it's at! Just imagine starting your new career in Massage Therapy in less than 15 months. Our program is focused in Anatomy, Kinesiology, Pathology, Ethics, Research and Theory. This program involves hands-on learning of both basic relaxation and deep tissue massage techniques. After completing a certain portion of the program, student clinics will be available, which will allow students opportunities to perform a 60-minute relaxation massage on actual clients, under supervision of licensed massage therapists and/or instructors. We encourage all of our students to have a strong business sense to prepare them for the working world. Our modalities are diverse in clinical as well as spa. Schedule your personal informational session with Massage Program director Jamie Fanara by emailing her at bodycraftwellness@gmail.com.

Upon successful completion of this program, students will receive a certificate from Bodycraft Wellness & Massage Center, LLC. Students then become eligible to take their MBLEX exam. Successful completion does not guarantee employment, but strong support and guidance is offered.

CLASS BEGINS: September 20th, 2022. Schedule a meeting and site visit with Jamie Fanara by email bodycraftwellness@gmail.com or call (815) 977-4743. The meeting is REQUIRED prior to registering. Program cost is $7995.

Fall program schedule Tuesday and Wednesday from 9:00 am-1:00 pm, Thursdays from 9:00 am-4:00 pm, and electives on days of your choosing.

CONTINUING EDUCATION FOR MASSAGE THERAPISTS

All courses are approved through NCBTMB for Massage Therapists.

IT’S A RENEWAL YEAR FOR LICENSED MASSAGE THERAPISTS IN ILLINOIS! LMT’s must complete 24 CE hours by December 2022.

All Massage Therapy Electives and Continuing Ed Coursework classes meet in RVC Classroom Bldg. II, Room 127

NEW! LET’S TALK LYMPHATICS

The lymphatic system is the original multi-tasker! Think your city service departments; It takes out the trash (waste removal), it equalizes fluid levels (water department), it provides immunity (your inner doctor), and interrogates and removes interlopers (the police)!

We are well-served when we keep this system running at optimal levels. Learn the overview of the system, and how to apply the necessary pressure, rhythm and rate to be most effective, and tips and tools to care for your own system.

This class is sponsored by Massage Envy Rockford! Students can participate in-person or via Zoom. Light snacks and beverages will be provided. All participants will receive free product samples and be eligible to win a gift basket compliments of Massage Envy Rockford. This class is worth 3 FREE CE hours for Licensed Massage Therapists per NCBTMB #451792-11. Please register by using our Eventbrite link www.eventbrite.com/e/356729636947.

MAS-015-BC06 Melissa Paluzzi FREE
10/5 W 5:00-8:00 pm 1 Session

NEW! SOMATIC BODYWORK

The human mind and body interact in intricate and intriguing ways. Our thoughts and emotions connect directly with our muscle tone, which reflect our perceptions directly and immediately. This connection offers bodyworkers access to our clients’ neuromuscular and myofascial organization. The way we breathe is an immediate and direct effect of our thoughts and emotions, moment to moment. In ‘Somatic Bodywork’ we will explore techniques and concepts that can be applied in a massage session with the intention of softening and expanding the mechanisms of breathing, facilitating parasympathetic responses. A goal here is to expand the effect achieved during a bodywork session to the client’s everyday management of worry and anxiety. DRESS: Comfortably.

BRING: 1 set of sheets, face cradle cover, and blanket. Massage tables and water provided. 8 CE hours for Massage Therapists. NCBTMB#344.

MAS-015-BC07 Chuck LaFrano $225
10/14-10/15 FSa 11:30 am-4:00 pm 2 Sessions
**NEW! MYOSKELETAL ALIGNMENT TECHNIQUES: PRONE, SPINE AND SIDE LYING**

New ways to get your client out of pain, based on the foundational work of **ERIK DALTON’S** Myoskeletal Alignment Techniques. Learn innovative Myoskeletal Alignment Techniques for chronic:
- Head & neck pain
- Dowager’s humps and forward head postures
- Sports injuries & tendinopathies
- Rib fixations & breathing disorders
- Foot & ankle Injuries
- Low back protective muscle spasm, sacroiliac & piriformis sciatica

Our goal is to enhance your skills, improve your results, and build your practice to a level of excellence that goes beyond the standard expectation of what can be achieved through traditional bodywork training. Be prepared for outstanding results, even with long standing chronic conditions! **BRING:** A set of sheets with face cradle for each day, blanket, and snacks/lunch/beverages. Massage tables, light snacks, coffee, and water provided. 16 CE hours for Massage Therapists. NCBTMB# 157429-00.

**CLASS REGISTRATION LINK**
https://erikdalton.com/workshops/rockford-il-massage-workshop/

**SEMINAR CANCELLATION**
In the event you need to cancel, we will give you a transfer credit for the amount paid. This credit can be applied to any future Myoskeletal workshop with the same educator for up to one year following the original workshop date.

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**GERIATRICS MASSAGE**

Geriatric Massage is an introductory hands-on class that will teach students to be proficient in geriatric massage. Benefits, contraindications, and techniques of geriatric massage will be covered. This workshop will address medical and health considerations to provide appropriate care for this specialized population. **BRING:** Set of twin sheets, pillowcase/face cradle cover, snacks/lunch, note taking materials. **DRESS:** Comfortably. Massage tables and water provided. 6 CE hours for Massage Therapists. NCBTMB#451792-11.

MAS-015-BC08  
**Jill Christensen**  
$150  
10/26  
W 1:00-7:00 pm  
1 Session

**CUPPING MADE SIMPLE**

Cupping Made Simple is a lecture and hands-on based course that is designed to teach students the history, indications/contraindications, types of cups and cupping techniques, consent, and a basic understanding of the application of cups so that we, as practitioners, can effectively communicate and assist our clients in a general cupping session or be able to include cupping into a massage session. We will learn some effective techniques and fundamentals for massage with cupping for the upper-body. Cupping techniques including massaging with cups, active and passive range of motion so that we can work with our clients to address common pain issues. **DRESS:** Comfortably. **BRING:** 1 set of sheets, face cradle cover, and blanket. Massage tables and water provided. 8 CE hours for Massage Therapists. NCBTMB#451792-11.

MAS-015-BC09  
**Tiffany Czerwin**  
$225  
10/29  
Sa 9:00 am-6:00 pm  
1 Session

**PNMT FOR CERVICAL SPINE**

Neck pain accounts for many of the visits to massage therapists. Releasing the suboccipitals can be wonderful in certain circumstances, disastrous in others. There is no routine that works for all the different iterations of possible neck issues. In PNMT, we don’t teach routines, we focus on reasoning and problem solving. There is NO substitute for hands-on experience and the guidance of a mentor, especially in an area so small and complex as the neck. We’ll walk you through problem solving strategies you can use immediately in your clinic. **DRESS:** Comfortably. **BRING:** One sheet set, face cradle, and blanket for each day. **PROVIDED:** Massage tables and water. 16 CE hours for Massage Therapists. NCBTMB#286519-00.

MAS-015-BC19  
**Seth Will**  
$380  
11/5-11/6  
SaSu 9:00 am-6:00 pm  
2 Sessions
MYOFASCIAL SKILLS
This four-part consecutive course workshop is designed to enhance the skills level of practicing massage therapist. The goal is to provide techniques, presented in designed sessions, so the participant can either give the complete session, or choose appropriate individual techniques, that enable them to design or strategize their own session according to the client’s needs. At the end of the four days, the course will have covered the following body regions: Cranium and Neck; Thorax, Shoulder Girdle, Lumbar Spine, Pelvis and Thigh; and Lower and Upper Extremities. Participants at the end of this course should be able to: Provide myofascial techniques using proper body mechanics, working from their core, not straining joints, applying techniques with a pattern of ease, not stress or force. Learn myofascial techniques for the above-mentioned body regions. Learn listening and visual cues skills the client may be giving, that indicate appropriate and inappropriate application of the techniques, and massage approach. Learn instructional skills to “coach” the client how to become an active participant during the massage session. Learn 10 basic self-care measures that the therapist can suggest to the client, and how to instruct the client how to properly perform the self-care measures. This course is presented in a fun, active learning adventure. We will use corn starch, hula hoop, ball of string, and other activities as learning aids to develop grounded and centering skills that enhance the energy approach that myofascial skills require in order to be effective for the client and therapist alike. DRESS: Comfortably. BRING: 1 set of sheets, face cradle cover, and blanket. Massage tables and water provided. 6 CE hours for Massage Therapists. NCBTMB #291388-00.

CRANIAL
MAS-015-BC10 Earl Conner $125
10/30 Su 10:00 am-4:00 pm 1 Session

SHOULDER
MAS-015-BC11 Earl Conner $125
11/20 Su 10:00 am-4:00 pm 1 Session

PELVIS
MAS-015-BC12 Earl Conner $125
12/4 Su 10:00 am-4:00 pm 1 Session

EXTREMITIES
MAS-015-BC13 Earl Conner $125
12/11 Su 10:00 am-4:00 pm 1 Session

MYOFASCIAL SKILLS DISCOUNT
Register for all 4 Myofascial Skills workshops and enjoy a discounted price! Or register for all individual modules below. 24 CE hours for Massage Therapists. NCBTMB #291388-00.

MAS-015-BC14 Earl Conner $400
10/30-12/11 Su 10:00 am-4:00 pm 4 Sessions

HYBRID ETHICS & SEXUAL HARASSMENT PREVENTION
This is an introductory lecture-based class that is designed to teach students to be proficient in recognizing ethical standards, appropriate communication and sexual harassment, knowing how to report sexual harassment, and understanding the protections they have for reporting. This class will fulfill Ethics and Sexual Harassment Prevention Training CE hours required for licensing renewal, and will cover all required information to be compliant with the general procedures for general professional regulation under the administrative code for professionals licensed in Illinois. DRESS: Comfortably. BRING: 1 set of sheets, face cradle cover, and blanket. Massage tables and water provided. 3 CE hours for Massage Therapists. NCBTMB #451792-11.

MAS-015-BC15 Jill Christensen $75
11/2 W 5:00-8:00 pm 1 Session

NEW! LYMPHATIC DRAINAGE
This class will include indications and contra-indications for licensed massage therapists to safely and effectively promote drainage to the lymphatic system. The students will learn proper pressure, rhythm and rate of manual therapy to enhance lymphatic function. Students will learn how to assess and interview clients, gain informed consent for treatment, and learn when it is safest to refer the client to a Certified Lymphedema Therapist or refer to a medical practitioner. DRESS: Comfortably. BRING: 1 set of sheets, face cradle cover, and blanket. Massage tables and water provided. 16 CE hours for Massage Therapists. NCBTMB #451792-11.

MAS-015-BC20 Melissa Paluzzi $400
11/12-11/13 SaSu 9:00 am-6:00 pm 2 Sessions
NEW! STYLE, RHYTHM & BREATH
We could call this class ‘a celebration of style,’ and it is also an exploration of outer and inner rhythms. As a celebration of style, we will blend and connect various techniques into a flowing and seamless experience for the recipient. Rhythm is an integral part of the experience, and we will work with and understand rhythmic constructs incorporating them into the massage flow. Beyond this, we will look at the technique of exploring inner rhythms, where we will seek to integrate breath with internal rhythmic pulses unique to the person on the table. **DRESS:** Comfortably. **BRING:** 1 set of sheets, face cradle cover, and blanket. Massage tables and water provided. 8 CE hours for Massage Therapists. NCBTMB#344.

MAS-015-BC21
11/18-11/19
Chuck LaFrano
F Sa 11:30 am-4:00 pm
2 Sessions
$225

PRESENCE, ENERGY, INTENTION & COMPASSION
“Energy follows intention” is a LaFrano Massage Dynamics tenet. In order to focus intention ‘presence’ is required. One of the sweetest feelings humans have for one another is compassion, although it has some surprising characteristics, and pitfalls, when its dynamics are examined. We will discuss these subjects from many perspectives, experience exercises to aid in the ability to focus intention and energy on demand, and incorporate all of these to increase the practitioners’ effectiveness. **DRESS:** Comfortably. **BRING:** 1 set of sheets, face cradle cover, and blanket. Massage tables and water provided. 8 CE hours for Massage Therapists. NCBTMB#344.

MAS-015-BC22
12/9-12/10
Chuck LaFrano
F Sa 11:30 am-4:00 pm
2 Sessions
$225

ONLINE EDUCATION

ED2GO
Instructor led six-week courses or career training at own pace, over 200 courses available. (Courses offered monthly.)

- Accounting/Finance
- Business
- Computer Applications
- Health Care & Medical
- Law & Legal
- Technology
- Teaching & Education

ED2GO.com/RVC

ED2GO CAREER TRAINING PROGRAMS
Online open enrollment programs designed to provide skills necessary to acquire professional level positions.

- Healthcare and Fitness
- Hospitality and Service Industry
- Business and Professional
- Skilled Trade and Industrial
- IT and Software Development
- Sustainable Energy/Going Green
- Media and Design

ED2GO.com/RVC

HEALTH ED TODAY
Courses developed through a partnership with leading education organizations, including: Pearson Education, E-College and Condensed Curriculum International.

- Pharmacy Technician
- Dental Assisting
- Dialysis Technician
- Medical Billing & Coding
- EKG Technician
- ECG / EKG Course for Nurses
- Phlebotomy Technician
- Medical Terminology
- Medical Administrative Assistant
- Medical Coding ICD-10 Update

RockValleyCollege.edu2.com/

NEED TO CANCEL? Just let us know 7 days prior to 1st class. Call (815) 921-3900 or email RVC-CCE@RockValleyCollege.edu
SKILLED TRADES

Classes meet at Advanced Technology Center • Room 1308 (unless otherwise specified)
1400 Big Thunder Blvd. • Belvidere IL 61008
For more information: Rob Boeke at rob.boeke@wolterinc.com or (815) 874-1610 ext. 6501

FORKLIFT OPERATOR TRAINING
(.5 Credit) Are you looking to gain knowledge in powered industrial truck (forklift) operation to start or advance your career in the material handling field? OSHA 29CFR 1910.178(l)(1)(i) requires anyone who operates a powered industrial truck to be trained and authorized. This course will give you the knowledge and skills required to operate a lift truck in a correct and professional manner as a prerequisite to obtaining you forklift authorization license. NOTE: These classes are taught in English. If an interpreter is required, please contact the Continuing Education office at (815) 921-3900 at least 7 days prior to the class start date. No refund 7 days prior to the class start date.

Topics covered:
• Relating safety to the operator and coworkers
• Proper load handling procedures
• Center of gravity demonstration
• Load loss calculations
• Load dock safety
• Pre-shift inspection
• Capacity plates
• Battery and fuel safety
• ANSI Standards
• OSHA regulations
• Videos Training aids
• Student work book
• Written test
• Hands on evaluations with coaching session
• On-site skills test if requested

NOTE: To become a fully licensed and authorized operator, the owner of the forklift must complete on-site or approve us to complete an on-site skills test. Class covers ITA class I-V equipment. BRING: A lunch and snacks. No refunds 7 day prior to class start date.

ISH-025-ATC  Rob Boeke  $209
9/12  M  8:00 am-3:00 pm  1 Session
ISH-025-ATC2 Rob Boeke  $209
10/24  M  8:00 am-3:00 pm  1 Session
ISH-025-ATC3 Rob Boeke  $209
11/9  W  8:00 am-3:00 pm  1 Session
Room 1302
ISH-025-ATC4 Rob Boeke  $209
12/12  M  8:00 am-3:00 pm  1 Session

FORKLIFT OPERATOR TRAINER
(1 Credit) Does your company have a large number of forklift operators? Are you commonly expanding your workforce? Are you frequently changing the work environment? Are you updating equipment to meet the challenges of your customers? We have the right tools to help you improve your safety! NOTE: These classes are taught in English. If an interpreter is required, please contact the Continuing Education office at (815) 921-3900 at least 7 days prior to the class start date. No refund 7 days prior to the class start date.

Topics covered:
• Full-time trainers discussing information with the class instead of telling you what to train on
• Common OSHA violations
• Discussion on culture and our mindset
• Workbooks that matches the presentation
• PowerPoints that you take back to your employees
• Classroom discussion
• Hands on operation
• Presentation techniques discussed and demonstrated
• Hands on operation of units as well as practice doing evaluations of other operators
• Thumb drive with P PowerPoints, example tests with answer keys, operator trackers, Spanish tests
• Turnkey presentation provided with embedded videos to minimize the time your trainers need to begin training

Upon leaving our Train the Trainer class, you will have what it takes to train your employees! We offer a 2 day TTT that includes comprehensive forklift and aerial lifts. We also offer a separate 1 day TTT for aerial lifts only. DRESS CODE: Safety glasses are required for hands-on operation of equipment and students are encouraged to wear safety-toed shoes. BRING: A lunch and snacks. No refunds 7 day prior to class start date.

ISH-026-ATC Rob Boeke  $1,399
10/4-10/5 TW  8:00 am-4:00 pm  2 Sessions
T Room 1302 • W Room 1304

AERIAL OPERATOR TRAINING
All operators of motorized Aerial equipment are required to be trained and authorized to safely operate Aerial equipment. This course will familiarize you with Group A Scissor and Group B Articulating/Boom, Mobile Elevating Work Platforms (MEWP), as required by ANSI and OSHA requirements. NOTE: These classes are taught in English. If an interpreter is required, please contact the Continuing Education office at (815) 921-3900 at least 7 days prior to the class start date. No refund 7 days prior to the class start date.

Topics covered:
• Accountability and responsibility
• Requirement and proper use of fall protection
• Pre-operational and annual inspections
• Site inspection and work procedures
• Operational fundamentals
• Hazards related to operation and use
• Emergency rescue procedures
• Hands-on operation

All training materials included and available in class. Certificate and license issued after successfully completing class and onsite skills test. BRING: A lunch and snacks. No refunds 7 day prior to class start date.

ISH-040-ATC  Rob Boeke  $209
12/5  M  8:00 am-Noon  1 Session

Classes meet at Advanced Technology Center • Room 1308 (unless otherwise specified)
1400 Big Thunder Blvd. • Belvidere IL 61008
For more information: Rob Boeke at rob.boeke@wolterinc.com or (815) 874-1610 ext. 6501
NEW! WAREHOUSE 101

WAREHOUSE 101 will prepare you for a career in the distribution and warehousing field. This two-day class will cover general Forklift safety and skills training, Aerial scissor (MEWP type 3A) safety and skills training, as well as pedestrian awareness and safety training when working in an environment with extensive forklift traffic. After successful completion of this two-day course, students will receive certificates in Forklift, Aerial type 3A safety and operation, and pedestrian safety and awareness. All training materials included and available in class. NOTE: These classes are taught in English. If an interpreter is required, please contact the Continuing Education office at (815) 921-3900 at least 7 days prior to the class start date.

No refund 7 days prior to the class start date.

ISH-050-ATC3  Rob Boeke  $450
9/13-9/14  TW 8:00 am-5:00 pm  2 Sessions
Advanced Technology Center  Room 1302

ISH-050-ATC4  Rob Boeke  $450
10/25-10/26  TW 8:00 am-5:00 pm  2 Sessions
Advanced Technology Center  Room 1302

ISH-050-ATC5  Rob Boeke  $450
12/13-12/14  TW 8:00 am-5:00 pm  2 Sessions
Advanced Technology Center  Room 1308

EPA REFRIGERANT HANDLING

PREP CLASS WITH EXAM

(.5 Credit) Two-session preparation for the EPA Refrigerant Handling Exam for stationary refrigeration and air conditioning equipment and will cover Types I, II, and III. This course will meet worker certification requirements, and demonstrate how and why to use capture and recovery equipment. Students will review rules and regulations regarding Freon handling, learn how to properly service equipment, learn to use recovery equipment and discuss refrigerant types and basic refrigeration as it applies to the test and safety issues. The EPA-approved exam will be given at the third session. You must pass the exam to receive refrigerant handling certification. Anyone who vents Freon into the atmosphere will require certification training to be in compliance with the Federal Clean Air Act including line workers, service technicians, production personnel, union members, supervisors, managers and owners.

RAH-056-BLL  Stuart Berg  $175
11/2-11/16  W 6:00-9:00 pm  3 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 004

EPA CERTIFICATION ONLY

This is the third session of the EPA Certification Preparation course. If you are registered for RAH-056, you are automatically registered for the exam. This is the exam only, and does not include course or study guide. If you already have an EPA card but want to take an additional part of the exam, please bring your current EPA card to the exam.

RAH-007-BLL  Proctor  $105
11/16  W 6:00-9:00 pm  1 Session
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 004

WEB PROGRAMMING

HTML ESSENTIALS

This course covers basics HTML code language. You will learn building simple web pages by hand coding, using HTML tags to create paragraphs, heading, lists, links, insert images, and more. We also cover creating a simple multi-page website with images, text, and a navigation bar. Book will be a handout. BRING: Flash drive. NO CLASS 10/22.

WEB-064-RV  Gail Lee  $129
10/8-10/29  Sa 8:30-11:30 am  3 Sessions
RVC Woodward Technology Ctr.  Room 2614

CSS ESSENTIALS

This introductory course, you will learn how to style your html web pages using Cascading Style Sheets, CSS, coding language. Topics include using inline, internal, and external CSS, web typography, formatting text, working with web colors, using Google fonts, working with id and class selectors, working with elements, creating page layouts using elements and more. Book will be a handout. PREREQUISITE: HTML Fundamentals Course. BRING: Flash drive.

WEB-068-RV  Gail Lee  $129
11/5-11/19  Sa 8:30-11:30 am  3 Sessions
RVC Woodward Technology Ctr.  Room 2614
WE’RE HIRING

ARE YOU LOOKING TO MAKE A BIG IMPACT IN A PART TIME JOB?

CONTINUING EDUCATION offers courses and programs to help upgrade skills with non-degree credit, national certification and courses in business, skilled trades, healthcare, and technology areas. We are seeking part-time adjunct faculty who are interested in developing and sharing their expertise in these fields.

Featured Openings for the Fall Semester:
• Accounting Basics
• QuickBooks
• Math Review
• Leadership/Teambuilding

ARE YOU LOOKING TO MAKE A BIG IMPACT IN A PART TIME JOB?

COMMUNITY EDUCATION is seeking part-time adjunct faculty who are interested in developing and sharing their expertise with high school and adult community members. Due to the nature of noncredit personal interest classes, instructors are not required to have degrees — just demonstrate expertise in their subject area.

Featured Openings for the Fall Semester:
• Belly Dance
• Guitar: Group lessons for beginners and intermediate
• Photography

WHIZ KIDS is seeking part-time instructors to have fun teaching groups of preschool, elementary and/or young adult participants. Instructors should be looking for part time work, enjoy working with children and have reliable transportation. $20/hour.

WHIZ KIDS EXPERIENCE
• We are primarily interested in dynamic personalities who want to make a difference in a child’s day.
• Experience working with children is preferred.

WHIZ KIDS RESPONSIBILITIES
• Be EARLY: Instructors are required to arrive 15 minutes prior to scheduled class time.
• Be PREPARED: RVC can provide basic curriculum outlines. Instructors are expected to add their own material to enhance the curriculum.
• Be FRIENDLY: A smile and a healthy dose of enthusiasm go a long way.
• Be ENGAGING: RVC instructors engage students to THINK, LEARN and PLAY WELL each and every class.

CONTINUING EDUCATION offers courses and programs to help upgrade skills with non-degree credit, national certification and courses in business, skilled trades, healthcare, and technology areas. We are seeking part-time adjunct faculty who are interested in developing and sharing their expertise in these fields.

Featured Openings for the Fall Semester:
• Accounting Basics
• QuickBooks
• Math Review
• Leadership/Teambuilding

Email RVC-CCE@RockValleyCollege.edu and tell us:
• Proposed class title and/or subject area
• Your experience in this area
• How to contact you

APPLY NOW!
MISSION STATEMENT

The Center for Learning in Retirement provides quality lifelong learning for members 50 years and older through diverse educational, cultural, and social opportunities.

ROCK VALLEY COLLEGE CENTER FOR LEARNING IN RETIREMENT

JOIN IN THE FUN!

ARE YOU 50 or OLDER?

Find out what the Center for Learning in Retirement (CLR) at Rock Valley College has to offer including BOTH in-person and online classes, bus trips, social events, special interest groups, and much more!

A YEARLY MEMBERSHIP FEE OF $35* ENTITLES YOU TO:

- Register for Spring, Summer, or Fall courses
- The Center’s newsletter, published three times a year
- Join a special interest group
- Register for trips and social events at discounted member rates
- Volunteer opportunities

SCHOLARSHIPS AVAILABLE!

Visit RockValleyCollege.edu/CLR or call (815) 921-3931 for more information about classes and activities.
The Workforce Equity Initiative (WEI) grant serves approximately 150 participants with a focus on improving workforce equity in at-risk communities within Rock Valley College’s district.

Participants in this initiative will be provided short-term educational opportunities that will lead to employment specifically in the sectors of:

- Truck Driver Training
- Medical Billing & Coding
- Welding
- Dental Assistant
- Computer Numerical Control (CNC) Operation
- Mechatronics

Courses are full time and typically run 8 a.m. - 4 p.m.

**TUITION FULLY COVERED** The RVC-WEI initiative will provide you with stipends to cover the cost of tuition, fees, and materials for courses required to complete the identified short-term certificate.

**FOR MORE INFORMATION** and to find out more about qualifications and how to get started, contact our new WEI Administrative Assistant, Erica Matthews at E.Matthews@RockValleyCollege.edu or call (815) 921-4036.
THE HCCTP AIMS TO HELP INDIVIDUALS GAIN ACCEPTANCE INTO THE CONSTRUCTION TRADES.

During the 14-week class, participants will engage in 450 hours of skilled-trades preparation and apprenticeship readiness training with the goal of applying for and obtaining local union apprenticeship opportunities. Math for the Trades, Print Reading, Welding, safety training such as OSHA 10-Hour, CPR, Flagger, hands-on projects, and more can be expected.

HCCTP is offered twice a year (Fall and Spring) and is at no cost to the participant as it is funded entirely by the Illinois Department of Transportation. The application process begins with signing up for a mandatory Information/Testing Session by visiting RockValleyCollege.edu/HCCTP.

For questions, contact the HCCTP Coordinator, Dawson Ingram, at (815) 921-3912 or D.Ingram2@RockValleyCollege.edu.

More information can be found at: RockValleyCollege.edu/HCCTP
BPI offers specified customized trainings in our community to meet the needs of businesses that want to keep their employees up to date with current business trends and trainings at a competitive price.

Instructional Design for Today’s Organizations. How you want it. When you want it. Where you want it.

- OSHA/Safety
- First Aid / CPR & AED Training
- Blue Print Reading
- Geometric Dimensioning and Tolerancing (GD&T)
- Six Sigma
- ISO (International Organization for Standardization)
- Internal Auditor
- FANUC & KUKA Robotics
- Microsoft Office Suite
- Successful Supervision
- Leadership & Management
- Workplace Harassment

CONTACT US TODAY!
(815) 921-2066
RockValleyCollege.edu/Community/BPI

In just five weeks you can be on the road to a new career! Our 200-hour truck driver training program combines classroom presentation with hands-on experience that leads to a Class A Commercial Driver’s License. The course will provide you with the basic skills to become a safe, professional truck driver. Upon successful completion, you will be able to secure an entry-level position in the trucking industry. If you are already a CDL holder and are looking to increase your employment options, please consider taking our preparatory Hazmat Training course. For more information call (815) 921-2076.

Rock Valley College is poised and ready to serve as a solution to many of the issues facing our community. Through the offering of non-credit courses, youth programming, and job skills training, the RVC Tech Bus removes the brick and mortar boundaries we face and makes education attainable for all. The RVC Tech Bus is equipped with 7 laptop work stations, 11 MacBooks, two viewing monitors, an instructors station as well as 3 couches. For detailed information regarding programming and reservations contact Cornell Bondurant at (815) 921-4106.
ESL & GED

ESL - English as a Second Language

The ESL (English as a Second Language) program can help you improve your listening, speaking, reading, and writing skills. Our classes range from providing basic language skills for beginners to helping advanced students prepare for higher education, further training, or a career.

• **FREE English Classes** for non-native speakers
• All levels of English (Basic through College Preparation)
• Students must be at least 17 years of age, and not enrolled in High School to qualify
• Classes available in the AM and PM

To learn more call (815) 921-2000 or visit RockValleyCollege.edu/ESL.

High School Equivalency & Adult Basic Education

When you are ready for the next step in your education, our Adult Education program is ready to meet you where you are and help you achieve your goals.

• We offer **FREE GED** preparation classes
• Students must be at least 17 years of age, and not enrolled in High School to qualify
• Classes are available in the AM and PM

To learn more call (815) 921-2000 or visit RockValleyCollege.edu/GED.

Approximately 46.5% ($415,750) of total grant dollars to the Adult Education Program are provided through federal funding. Rock Valley College provides, on an individualized basis, reasonable accommodations to students who have documented disabilities that may affect their ability to participate in class activities or meet class requirements. Students with disabilities are encouraged to contact the Adult Education office, (815) 921-2000, to discuss their needs for accommodations. Rock Valley College does not discriminate on the basis of race, color, creed, religion, national origin, disability, age, sex, marital status or sexual orientation.
YOU MUST ANSWER ALL SECTIONS OF THIS FORM. Please print or type.

GENDER:  
- Male  
- Female  

DATE OF BIRTH:  
- MONTH  
- DAY  
- YEAR  

FULL LEGAL NAME:  
- LAST:  
- FIRST:  
- MIDDLE INITIAL:  
- PREVIOUS/MAIDEN NAME:  

ADDRESS:  ☐ Check if this is a new address  

NUMBER & STREET:  
CITY:  

STATE:  
ZIP:  

TELEPHONE:  
HOME:  
CELL:  
EMAIL:  

BY MY SIGNATURE, I CONFIRM THAT THE ABOVE INFORMATION IS CORRECT:

Student / Guardian ___________________________ Date ____________

TERM BEGINNING: Year ____________  
1 ☐ Summer  3 ☐ Fall  6 ☐ Spring

MAIL REGISTRATION AND CHECK TO:  
Records and Registration  
Rock Valley College  
3301 North Mulford Road  
Rockford, IL 61114-5699

Check number ___________________ Check amount $ ______________

NOTE: A non-refundable service fee ($1.75 per e-check, 2.5% of total credit card transaction) will be added to your transaction upon registration completion. Fees are subject to change. No registrations or payments will be taken over the phone.

HIGH SCHOOL:  
- ☐ Yes, High School graduate  
  Attended ____________  
- ☐ No

COLLEGE:  
- ☐ Associate  
- ☐ Bachelor  
- ☐ Master

ETHNIC ORIGIN:  
Are you Hispanic or Latino? (OR are you of Spanish origin?)  
- ☐ Yes, Hispanic or Latino  
- ☐ Not Hispanic/Latino, but Spanish origin

Are you from one or more of the following racial groups?  
(Select all that apply)  
- ☐ American Indian or Alaska Native  
- ☐ Asian  
- ☐ Black or African American  
- ☐ Native Hawaiian or Other Pacific Islander  
- ☐ White/Caucasian  
- ☐ Choose Not to Respond

Please identify your primary racial/ethnic group. (Select one)  
- ☐ American Indian or Alaska Native  
- ☐ Asian  
- ☐ Black or African American  
- ☐ Hispanic or Latino  
- ☐ Native Hawaiian or Other Pacific Islander  
- ☐ White/Caucasian  
- ☐ Choose Not to Respond

IN PERSON  
Bring registration form and payment to:  
Records and Registration  
Rock Valley College, Student Center, Second Floor  
3301 N. Mulford Rd., Rockford  
Records & Registration Office Hours:  
Monday-Thursday, 8:00 am-6:00 pm  
Friday, 8:00 am-5:00 pm

PAYMENT INFO  
Registrations without payment WILL NOT be processed.  
- Payment options:  
  - Checks made payable to "Rock Valley College"  
  - Master Card, Visa, Discover, American Express and Debit Cards  
  - Allow 5-7 days when mailing payment.

A non-refundable service fee ($1.75 per e-check, 2.5% of total credit card transaction) will be added to your transaction upon registration completion. Fees are subject to change.

3 WAYS TO REGISTER

ONLINE  
RockValleyCollege.edu/CEOnline

MAIL  
Send registration form and check to:  
Records and Registration  
Rock Valley College  
3301 N. Mulford Rd.  
Rockford, IL 61114-5699  
Allow five days for delivery.
FALL ART EVENTS

Get your paint on this fall and winter with KAT’S CANVAS ART and ARTBYKARLA!

- Groovy Mushrooms
- Tropical Paradise
- Flower Child
- Spirit Horse
- Winter Cat
- Fall Gnome
- Tuscan Door
- Sunflower
- Polka Dot Pumpkin
- Hanging Ornaments
- Gnome for Christmas

Highway Construction Careers Training Program

THE HCCTP AIMS TO HELP INDIVIDUALS GAIN ACCEPTANCE INTO THE CONSTRUCTION TRADES

For questions, contact the HCCTP Coordinator, Dawson Ingram, at (815) 921-3912 or D.Ingram2@RockValleyCollege.edu